



TENANTS RALLY
RESIDENTS FED UP
WITH POOR LIVING
CONDITIONS {page 3}

SOFT-SPOKEN RYAN GOSLING CLAIMS HE'S NO PICKUP ARTIST

{page 17}



RBC Royal Bank®



Advice you can bank on™

OTTAWA

metro

Wednesday, July 27,
2011

www.metronews.ca



News worth
sharing.

Raining. Men



► Models, from left, Francky Oliver, Rob Charron, Max Engel and Alex Filk run in the rain across George Street in Ottawa yesterday afternoon while promoting Moore's second annual suit drive.

JESSICA SMITH/METRO

Models spread the word on charity drive

Moores Clothing for Men sent scantily clad male models out onto the streets of major cities across Canada yesterday to help raise awareness of their clothing drive. The clothing company is collecting used suits and other items of men's, women's and children's clothing and donating them to charities that will pass along the garments to people trying to get back into the workforce and to others in need. Moores is giving customers who donate clothes 50 per cent off on a new suit.

Cellblock video to be released

► Ottawa police to release copy of controversial video to Crown and judge following judge's order that it should be released to media

Ottawa police will release a copy of a cellblock video that shows police treatment of a woman who claims she was stripped and beaten, even though the original video was lost in the court system, acting Chief Gilles Laroche said in statement released just before 5 p.m. yesterday.

Roxanne Carr was arrested on Aug. 23, 2008, but the Crown withdrew charges against her after viewing the video, said her defense lawyer Mark Ertel. He said he is "surprised" police took so long to agree to the release.

"The judge made an order releasing it last week, and then the lawyer for the police offered the court a couple of what I would describe as outrageous reasons why the DVD should not be released," said Ertel.

"Cellblock officers handled the custody of Roxanne Carr with the utmost professionalism, especially when faced with a crisis in the cell."

ACTING OTTAWA POLICE CHIEF GILLES LAROCHELLE IN A WRITTEN STATEMENT

"The public can decide after they see the video tape whether what the acting chief is saying is accurate — that police behaved appropriately — or not. And they'll also be able to assess why the police would have gone to such great lengths to try and prevent the public from seeing this DVD."

• JESSICA SMITH



Advisors available at your convenience. By phone. In branch. At a coffee shop.

Call 1-800-769-2511 to talk about your goals
and how to get there.

RBC Royal Bank®

Advice you can bank on™



WE ARE OPEN MONDAY AUGUST 1ST



Now it's easy to get what you want.



2011 Golf

2011 Jetta
Starting from just \$17,240

2011 Tiguan
\$500 no-charge
Volkswagen Original Accessories**

2011 Jetta

Lease from

\$ 189 per month
for 48 months[†]
\$573 down payment

0% APR
up to 36 months*
on our most
popular models



TDI Clean Diesel available
2011 Golf and 2011 Jetta



Insurance Institute for Highway Safety
Top Safety Pick
2011 Jetta / 2011 Tiguan / 2011 Golf 5-door



Volkswagen de l'Outaouais

850 St-Joseph blvd., Gatineau (Hull sector)

819-770-0220 www.vwo.ca

Up to \$750 rebate for recent graduates^{††} – US models shown. Some options and accessories may vary or may not be available in Canada. *Limited time finance offer available on purchase of a new 2011 Jetta 2.0L / 2011 Golf 3-door 2.5L / 2011 Tiguan 2.0T base model through Volkswagen Finance, on approved credit. MSRP of \$17,240/\$21,940/\$29,555 including \$1,365/\$1,365/\$1,580 freight and PDI and \$100 air conditioning levy, if applicable, with 5-speed / 5-speed / 6-speed manual transmission, financed at 0% APR for 36 months, equals \$478.89/\$609.45/\$820.98 per month. Dealer may sell for less. Credit charges are \$46 (RDRPM registration fee) for a total obligation of \$17,286/\$21,986/\$29,601. Down payment or equivalent trade-in, due at signing, may be required. License, insurance, registration, duties, options and applicable taxes are extra. Dealer order/trade may be necessary. Offer excludes TDI Clean Diesel models. **Receive up to \$500 towards Volkswagen Original Accessories, with the lease or purchase of any new 2011 Tiguan model. Certain conditions apply. No cash value. Excludes labour and tires. Offers end June 30, 2011 and are subject to change or cancellation without notice. *Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new 2011 Jetta 2.0L base model with 5-speed manual transmission. \$1,365 freight and PDI included in monthly payment. \$279 down payment or equivalent trade-in, \$250 security deposit, and first monthly payment due at lease inception. 64,000 kilometre allowance; charge of \$0.15/km for excess kilometres. Insurance, registration, registration fees of up to \$46 to the RDRPM, duties, options and applicable taxes are extra. Dealer may lease for less. MSRP of the 2011 Jetta base model: \$17,240. Offer ends July 31, 2011 and is subject to change or cancellation without notice. ^{††}Up to \$750 rebate for recent college or university graduates. Certain conditions apply. Visit www.vwo.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI", "TDI Clean Diesel", "Jetta", "Golf" and "Tiguan" are registered trademarks of Volkswagen AG. "Volksfest" and "Das Auto & Design" are trademarks of Volkswagen AG. © 2011 Volkswagen Canada.



► Jennifer Macwaters points to the wall that was ripped up by her landlord after mould was found growing at the base of the walls in April.

Clean this place up, Heron Gate residents demand

- Tenants complain of unhygienic living conditions in Heron Gate apartments
- Building management says tenants have a role to play in improving quality of life, too

 **JOE LOFARO**
@METRONEWS.CA

About 50 angry Heron Gate tenants and members of Ottawa ACORN rallied outside their homes yesterday to say they are fed up with garbage not being picked up, mould growing on their walls and rats running wild.

But it was unclear what action might be taken or what the property manager intends to do about it.

TransGlobe Property Management

which owns the Heron Gate rental complex, took over direct control of managing the property just four weeks ago, after contracting it out for years, a spokesman said.

"I don't know what happened over the last several months or years in that building and the work of the last management firm that was in there," spokesman Danny Roth said.

Although he would not speak to Metro about specific complaints, he said the

company wants to address the problems and will listen to tenants.

TransGlobe bought the Heron Gate rental community in 2007. In 2010, CBC reported that three buildings in the complex topped the city's 2009 complaint list.

Tenants said they are still facing problems with garbage pickup and water leakages that haven't been addressed since the shift in management.

"Everywhere you look there's rotting wood. All

the windowsills are falling apart," said Jennifer Macwaters, a Sandalwood Drive resident.

A city health inspector came to her home in April and noted mould growing on her basement walls and water that had leaked onto the floor. The innards of the walls are still exposed and the pieces of mouldy wall are sitting in her basement.

"That's a third of our house that's unusable," she said.

Roth counters that ten-

ants also have a responsibility to look after their neighbourhood.

"It's incumbent on the residents to take their garbage and put it in the bin. If it's left on the ground and left to rot, or if it rips open because a car drives by it, there's an element of catch-up here that becomes very difficult."

"At the end of the day," Roth said, "I think there's a shared responsibility from residents to help us improve the quality of life in that community."

1
news



Ultra-low-calorie foods aim to keep dieters in touch with their inner glutton. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Should investors rely more on news of global debt woes or strong corporate earnings? Allan Small has more at metronews.ca/investing

Follow us on Twitter @metrottawa



PANDORA®
UNFORGETTABLE MOMENTS

Jewelry incorporating the displayed items is protected by U.S. Patent No. 7,007,507 • © • All rights reserved • PANDORA.NET



Gift with Purchase • July 2ND – July 31ST

Receive a PANDORA Lariat with sterling silver ends (a \$30 CAD retail value) with your PANDORA purchase of \$75 or more.*

*Before taxes. Charms shown on lariat are sold separately. Good while supplies last, limit one per customer.

PANDORA® STORE
St. Laurent
Laurent Centre • Ottawa, ON
613.741.7577

JUBILEE
FINE JEWELLERS
Since 1952
St. Laurent Centre
Bayshore Shopping Centre
Carlingwood Shopping Centre

Thanks for running with us for the last 15 years.

Please join us
Thursday, July 28th
for Client Appreciation Day.

You're important to us and that's why
we'd like to say "**thanks**".

Drop in, say "Hi" and enjoy some refreshments.
Join us in celebrating 15 years as title sponsor of
the Canadian Breast Cancer Foundation
CIBC Run for the Cure.

To learn more,
visit cibc.com/clientappreciation



For what matters.

"CIBC For what matters" is a trademark of CIBC.

04

metro

metronews.ca
WEDNESDAY, JULY 27, 2011

Heavy. Wood



► City of Ottawa tree workers clear a downed limb from a Manitoba maple on Parkdale Avenue.

SEAN MCKIBBON/METRO

Force of nature topples power line

The fallen limb brought down a power line and closed the street between Kenilworth and Hutchinson streets for just over an hour. No one was injured in the incident.

Transit talks get rolling again

► City and union both put positive spin on arbitration board's ruling ► Say they are ready to negotiate



JESSICA
SMITH
@METRONEWS.CA

The head of the union local representing OC Transpo workers says he hopes "cooler heads will prevail" so Ottawa can avoid another transit strike when contract negotiations begin again.

"Hopefully with a new mayor and a new Transit Commission with Diane Deans at the head of it, they'll have a better rein on the negotiating team," said ATU local 279 president Garry Queale yesterday.

Queale said the 2011 round of negotiations will likely begin in about a

"I'm pleased that this final decision puts the dispute behind us and concludes a long and difficult round of negotiations. The City is determined to work with the ATU to address the concerns of the union and its membership."

MAYOR JIM WATSON IN A WEEKEND PRESS RELEASE ON THE ARBITRATION BOARD REPORT.

month, now that an arbitration board has settled the last remaining dispute from the 2008 negotiations in a report released this week.

Asked what the union will be seeking in this round, Queale said: "I don't want to discuss everything yet before negotiations but there's major issues that will be discussed and we'll hope

to come out with a resolution to some of these at least."

He said the board's ruling on drivers' scheduling will be a starting point for the next round of negotiations. The board ruled drivers' workdays must end no later than 12 hours after they begin — or less if they started early in the morning — and they must be paid for at least 7.5 hours.

GIVES LIKE NOTHING ELSE

Touch the new HP TouchPad and \$2 will be donated to Boys and Girls Clubs of Canada.



BYWARD MARKET

July 30th & July 31st 10AM – 6PM

Find out more at hp.ca/touchpadgives



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Everybody On  TouchPad

Between July 15th, and August 31st, 2011 HP will donate \$2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of \$100,000 CDN. All screen images simulated.

Will yellow card ward off thieves?

- Auto break-ins have doubled in some areas over the past year
- Card seeks to deter theft



JESSICA
SMITH
@METRONEWS.CA

Police hope to stem an up-swing in auto break-ins by asking drivers to tell thieves there's nothing to steal in their vehicles.

Officers are handing out 5,000 bright yellow cards that read "All valuables removed." Drivers are being asked to put the cards on their dashboards.

"Obviously, this won't deter a thief from breaking into your car if he looks into your car and sees all kinds of valuables," Sgt. Dennis Hull said. "But if he sees it, looks inside your car and sees nothing in it, it's done its job."

Asked if thieves won't just move on to the next car

when they see the sign, Hull said, "If everybody does this, he's not going to go to any other car. If everybody removes their valuables from their vehicles, it will reduce thefts from vehicles across the city."

The card also serves as a reminder to others to take their valuables, he said.

There were 141 thefts from the ByWard Market and Vanier this June, compared to 121 in June of last year, Hull said. In the downtown Golden Triangle there were 41 thefts last June and 80 this June.

Statistics are showing that thefts from vehicles are occurring in underground parking, above-ground parking, anywhere there's massive amounts of vehicles," Hull said.



► Sgt. Dennis Hull introduces a new police initiative aimed at deterring auto break-ins in the ByWard Market yesterday. Drivers are being asked to place bright yellow cards reading "All valuables removed" on their dashboards. The idea is that thieves will look in the vehicle, see the card and move on.

FREEDOM

InChargeCanada
Debt Solutions. For Life.

Confidential and professional budget counselling, debt repayment plans, and financial education. Our goal is your financial independence!

FOR SERVICE IN ENGLISH | POUR LE SERVICE EN FRANÇAIS
InChargeCanada.ca | SOSdettes.ca

613-216-6115 | 1-866-615-1226

News in brief

Whiz kids seek gold medal

NATIONAL GEOGRAPHIC.

Three Canadians are vying for the gold this week in the finals of the National Geographic World Championship in San Francisco. Alexander Cohen, 15, of Ottawa, Alejandro Torres-Lopez, 16, of North Vancouver and Aoife O'Leary, 15, of Surrey, B.C., will be at Google headquarters to compete in a question-and-answer format moderated by Alex Trebek. Canada's team won the gold medal at the world championship in 2009.

● JOE LOFARO

<p



It's never this obvious.

Breast cancer can be impossible to see or feel. Today more women survive the disease than ever before. Regular mammograms can lead to early detection and better treatment options, so make breast screening part of your health routine. Cancer screening sees what you can't.

That's why Ontario has expanded breast cancer screening to more women. Find out when it's the right time for you to start screening at ontario.ca/screenforlife

Cancer Care Ontario



ontario.ca/screenforlife • 1-866-410-5853 • TTY 1-800-387-5559

Paid for by the Government of Ontario

 Ontario

Quebecers rally behind stricken Layton

Quebecers are expressing sadness and shock at the news that Jack Layton is taking a sick leave less than three months after his historic electoral triumph in the province.

Major newspapers, politicians of different stripes and regular citizens offered words of encouragement yesterday to the NDP leader in his battle against cancer.

In the recent federal election, Quebec voters nearly wiped the Bloc Québécois off the map — and were so keen to support Layton's party that, in some cases, they elected people who had never even seen their riding. A common refrain heard in Quebec after the election was, "I voted for Jack."

But one central Quebec businessman said he still had no regrets yesterday about voting NDP. He said the party is bigger than just one man.

Jean-Guy Otis said people in his riding have already been impressed by their new MP, Ruth Ellen Brosseau — the one who managed an Ottawa pub

and spent part of the election campaign in Las Vegas.

Otis said it's the NDP's philosophy that connects with the people in his mostly rural riding — and he insisted that while Layton is very popular in the area, the party transcends him.

"I don't believe that one leader, that one person, can be the NDP," said Otis, who co-owns a beauty salon on the main strip in the town of Louiseville.

"It's an ensemble of individuals and there are very good individuals who are part of it."

Layton, whose party won 59 of Quebec's 75 seats in the election, also received words of support from Montreal newspapers.

The Montreal daily La Presse paid homage to Layton yesterday with a headline that reads A Leader Close to the People. There were also get-well wishes expressed in a cartoon and an editorial, and the entire letters section was filled with eight notes of encouragement. **THE CANADIAN PRESS**

Anecdote

One Bloc incumbent defeated in the federal election shared an anecdote yesterday to illustrate the role Jack Layton's personal popularity played in the NDP breakthrough.

► Marc Lemay said his election observers reported that, on May 2, at least three voters left voting centres without casting a ballot. They apparently refused to vote because they didn't see Layton's name listed among the local candidates.

NATHAN DENETTE/THE CANADIAN PRESS



► NDP Leader Jack Layton and his wife, Olivia Chow, leave a news conference in Toronto on Monday. Layton has been diagnosed with another form of cancer and is taking a temporary leave of absence as leader of the federal NDP.

Metro Interview



► Hugh Williamson, project manager and lead investigator for Dalhousie University's marine and piracy project, looks over Halifax Harbour yesterday.

► Piracy considered 'a crime against all humanity': Researcher
 ► Project being funded by a two-year, \$500,000 research grant from the TK Foundation
 ► Findings and recommendations will be presented to key policy stakeholders

RESEARCHERS LOOK TO TURN TIDE IN PIRACY FIGHT



ALY THOMSON
OTTAWA@METRONEWS.CA

A research team from Dalhousie University may not be battling Blackbeard, but it is undertaking a similar quest: Preventing piracy.

Led by the marine-affairs program at the Halifax-based university, the work will explore issues surrounding modern piracy to gain insight that may help prevent future outbreaks of violence at sea, said Hugh Williamson, project manager and lead investigator for the Dalhousie marine and piracy

History

► Dating back to the 1970s, pirate attacks have been abundant in the Gulf of Thailand, the Caribbean, the Straits of Malacca, off the coast of Africa and in waters leading up to the

project.

"What sets us apart is we're looking at the issue in a holistic manner ... which hasn't been done before," he said, adding he has a legal, operations and socio-economic team.

Williamson said pirates are dealt with on a region-

then say, 'Here's the types of things you can do to prevent and deal with piracy.'

► From looting ships for money to taking crew members hostage to murdering yacht crews so as to use boats as drug-trafficking vessels, the definition of piracy is as vast as the ocean.

al basis — those who catch pirates bring them to trial within the local jurisdiction. He hopes the two-year project will offer a more efficient and effective process.

"We (will) come up with what we call our considered policy options and

then say, 'Here's the types of things you can do to prevent and deal with piracy.'

► From looting ships for money to taking crew members hostage to murdering yacht crews so as to use boats as drug-trafficking vessels, the definition of piracy is as vast as the ocean.

"Almost everyone involved in the project has been dealing with an aspect of piracy," he said. "We have a lot of different sectors at Dalhousie and a lot of different connections around the world, and that makes us an ideal hub to take a look at this issue."

EXPERIENCE THE WORLD'S FASTEST WIRELESS NETWORK TECHNOLOGY TODAY.



HURRY, GET YOUR LTE ROCKET™ STICK TODAY.

The wait is over, Ottawa. The Rogers LTE network is here. You're now the fastest city in Canada and the first to experience the fastest wireless technology on the planet. LTE puts an end to buffering and allows you to download music and work files and upload photos in the blink of an eye. Today is the day to experience the future of fast.

FOR MORE INFORMATION, VISIT ROGERS.COM/LTE



ANOTHER FIRST. ONLY FROM



Device may not be exactly as shown. ©2011

GET YOUR ROGERS LTE ROCKET STICK TODAY AT THESE PARTICIPATING STORES:

OTTAWA WIRELESS EXPRESS
208 RICHMOND RD.
OTTAWA, ON
K1Z 5W4
(613) 724-2674

GO COMMUNICATIONS
901 CARLING AVE.
OTTAWA, ON
K1Y 6E3
(613) 238-7533

ROGERS PLUS – MOOROOFEE
1379-A MOOROOFEE AVE.
OTTAWA, ON
K2G 1V7
(613) 225-6007

ROGERS PLUS – VANIER
11 SELKIRK ST.
OTTAWA, ON
K1L 6N1
(613) 745-6800

McGuinty picks fight with Ottawa

- Premier slams feds for skimming Ontario initiatives
- Takes the lead in view of upcoming provincial elections

Premier Dalton McGuinty is taking aim once again at Ottawa, painting himself as a strongman of Confederation and the only one who will stand up to the federal Conservatives.

This time, the Liberal premier is slamming the Tories for failing to throw their support behind a new risk management program for Ontario farmers.

It's not the first time McGuinty — who is facing an election this fall — has raised the issue. But it's quickly becoming another gripe in a long list of grievances that appears to be pitting the premier against his federal and provincial counterparts.

Last week, McGuinty grumbled that Ontario was being shortchanged when it comes to equalization and green energy projects, raising a few eyes-



brows during a summit of provincial and territorial leaders in Vancouver.

He's also warned that Ontario needs a strong voice now that Canada has a majority Tory government dominated by the West and an Opposition dominated by Quebec.

"I think it's OK for us as

Ontarians from time to time to assert ourselves, and to do so in an unselfish way," he said while visiting a hog farm near Stratford, Ont., yesterday.

"The fact of the matter is, if we grow stronger, that stands to the benefit of the country as a whole."

As leader of the country's most populous province, McGuinty also suggested that he now sees himself as the strongest Liberal voice in the country.

"Well, I represent 40 per cent of the country," he said. "I think that's a pretty significant influence."

There's always been an expectation that Ontario — as the biggest and strongest province — would do the heavy lifting and stay silent, McGuinty said.

THE CANADIAN PRESS

Health agency seeks missing docs

Colon cancer screening tests for almost 6,500 Ontario patients have been lost in the mail and the provincial health agency who sent them to doctors' offices says several thousand more could also be

missing. Cancer Care Ontario said Tuesday that 15 reports mailed in February and March were never delivered. The incident is being investigated for a possible privacy breach.

THE CANADIAN PRESS

Gas explosion strikes firefighters

Two Edmonton firefighters have been taken to hospital with small burns on their faces after a gas explosion.

A fire crew was called to a south-side home after a woman smelled gas.

Four firefighters were shutting off a gas meter on the side of the house when an explosion blew open a side door.

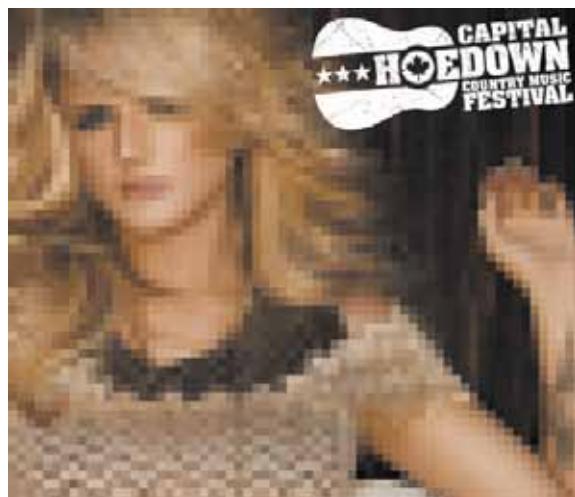
All four were knocked to the ground. Two were taken to a hospital as a precaution.

THE CANADIAN PRESS

Driver in rampage faces 11 charges

A 44-year-old B.C. man is facing criminal charges after allegedly running down two women last night in North Vancouver. RCMP say a driver in a blue Mustang drove his vehicle into a woman, who launched over the hood of the car. He then fled and backed into another woman, pinning her against a signpost. Police said both victims suffered non-life threatening injuries.

© PHYLLIS TORREVILLAS/METRO



WHO IS THIS CAPITAL HOEDOWN STAR?

HINT: HER HUSBAND HAS QUITE THE VOICE?

Like Metro Ottawa on Facebook and post your answer on our wall for a chance to see her live at Capital Hoedown August 12, 2011 at Lebreton Flats.

All Metro fans with the correct answer posted will be entered into a random draw for 2 tickets.

capitalhoedown.net

facebook.com/metroottawa



Art. Swap



► A portrait of the Queen hangs at the entrance to the Department of Foreign Affairs building in Ottawa.

ADRIAN WYLDE/THE CANADIAN PRESS

Conflicting tastes in art

Foreign service staff and art lovers are grumbling about new Minister John Baird's decorating tastes inside the lobby of their building. A pair of historic paintings by Quebec modern master Alfred Pellon were removed from their decades-old spot and replaced by a portrait of the Queen late last month.

3

Herrera is the third suspected war criminal caught since last week, when the federal government launched a website featuring 30 of the most wanted suspects.

metro

Milk. Protest



A South Korean dairy farmer shouts slogans after pouring milk over his head during a rally demanding an increase in milk prices near the National Assembly in Seoul yesterday.

AHN YOUNG-JOON/AP PHOTO

Diary farmers rally against FTA

Thousands of dairy farmers in South Korea opposed the signing of a free trade agreement with various countries, including the European Union and the U.S.

Somalia's famine victims fight for life

United Nations estimates 11 million people in East Africa affected by drought. 3.7 million in Somalia among worst hit because of country's ongoing civil war

Seven-month-old Mihag Gedi Farah is the frail face of Somalia's famine. He stares out wide-eyed almost in alarm, his skin pulled taut over his ribs and twig-like arms.

At only 3.2 kilograms, he weighs as much as a newborn but has the weathered look of an elderly man.

Mihag is just one of 800,000 children who officials warn could die across the Africa. Aid workers are rushing to bring help to dangerous and previously unreach regions of



► Mihag Gedi Farah

cerns about how many hungry children still remain in Somalia, far away from doctors in the field hospital at this Kenyan refugee camp.

Somalia's prolonged drought became a famine in part because neither the Somali government nor many aid agencies can fully operate in areas controlled by al-Qaida-linked militants, and the UN is set to declare all of southern Somalia a famine zone as of Aug. 1.

THE ASSOCIATED PRESS

drought-ravaged Somalia. Famine victims like Mihag bring new urgency to their efforts, raising con-

Avoid Attracting Bears



Store garbage inside and put it out on the morning of collection, not the night before.

To report a bear problem, call 1 866 514-2327. In a life-threatening emergency, call 911 or the local police.

ontario.ca/avoidbears • 1 866 514-2327 • TTY 1 705 945-7641



Paid for by the Government of Ontario

HOME PHONE LINES

Are you still overpaying For your Home Phone Line?



\$29.95

✓ Unlimited Calling To Over 50 Countries (Including INDIA)



✓ All Features FREE

- > Voice Mail
- > Call Forwarding
- > Call Waiting
- > 3 Way Calling
- > Caller ID
- > and much more...



The Comwave Comparison



\$68.79

/Month

BELL HOME PHONE CHOICE
INCLUDES
UNLIMITED
CALLING TO
CANADA & U.S.A.



VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING



\$41.31

/Month

ROGERS EXTRA VALUE PLAN
INCLUDES
1000 MINUTES TO
CANADA & U.S.A.



VOICEMAIL
CALL DISPLAY
CALL WAITING
CALL RETURN
THREE WAY CALLING
CALL FORWARDING

LIMITED TIME OFFER, CALL NOW & GET:

6 Months
FREE



Follow Us...



613-216-6096



www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 12M term. You have a 30-day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive an additional 3 months free for a total of 6 months free if you transfer your phone from your existing provider to Comwave in the first 30 days. The rates of \$41.31/month and \$68.79/month are as advertised on <http://www.homephonelinechallenge.ca> on Oct. 5 2009. Terms and conditions apply, see www.comwave.ca for details.

News in brief

**Bomb rocks UN convoy**

BEIRUT. A roadside bomb blew up next to a United Nations convoy carrying French peacekeepers in south Lebanon yesterday, wounding five. The bomb went off near Sidon.

THE ASSOCIATED PRESS

Three survive plane crash

RABAT, Morocco. Seventy-eight people were killed — and three survived — when a C-130 military plane crashed into a Moroccan mountain in bad

weather yesterday. The crash happened near the disputed Western Sahara.

THE ASSOCIATED PRESS

Gander gets grim memento

ST. JOHN'S, N.L. A New York fire department is donating a piece of the World Trade Center to Gander, N.L., for its help after the 9-11 terrorist attacks. Gander was the closest airport for 38 jetliners forced to land on Sept. 11, 2001.

THE CANADIAN PRESS

Gadhafi faces a food crisis

TRIPOLI, Libya. The area of Libya controlled by Moammar Gadhafi is wracked by shortages of fuel, food and cash, says the United Nations. Rebels hold eastern Libya and pockets in the west. Gadhafi clings to the rest.

THE ASSOCIATED PRESS

Is he insane?

▶ Anders Behring Breivik, the 32-year-old who has confessed to the massacre,

His 17-year-old sister also was at the camp but survived, Roald Linaker said.

Yesterday, the newspaper Dagbladet posted the names of victims.

Three of the victims did not appear to be ethnic

is likely insane, says his lawyer.

▶ He is unaware of the impact of the attacks and asked his defence counsel how many people he had killed, lawyer Geir Lippestad said yesterday. Lippestad said Breivik took drugs to "to be strong, to be efficient, to keep him awake" during the 90-minute attack.

Norwegians — examples of the multi-ethnic Norway that gunman Anders Behring Breivik says he despised.

The Friday attacks began with a bombing outside the building that

houses the prime minister's office in Oslo. Eight were killed.

Then, Breivik opened fire on an island retreat for the youth wing of the Labor Party, leaving dozens dead and hundreds of terrified young people scrambling to escape, many trying to swim away.

Though Breivik has been charged with acts of terrorism, lawyer Geir Lippestad said he could also be charged with crimes against humanity.

Although the stiffest sentence in Norway is 21 years, the lawyer said his client would never be set free.

THE ASSOCIATED PRESS

URGENT: Famine in the Horn of Africa



World Vision

Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

\$50 \$100 \$200 \$_____ to help as much as possible

Name _____

Address _____ Apt. _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: VISA MasterCard American Express

CARD NUMBER

EXPIRY DATE

SIGNATURE

Please make your cheque payable to: **World Vision**

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

4249488/100958

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help



'Keystone Kops' face criticism

When Anders Behring Breivik launched his assault on campers on Norway's Utoya Island, he expected special forces to swoop and stop him fast.

But he was given time to kill.

Officers of Oslo's Delta Force had to drive — because police don't own a transport helicopter.

Then they were rescued by a civilian boat when their own broke down as it tried to navigate a one-minute hop to the island.

It took police more than 90 minutes to reach the gunman, who had mortally wounded 68 people.

International experts said Norway's government and security forces must learn stark lessons from the killings — made worse by lackadaisical planning for terror.

Andrew Silke, director of terrorism studies at the University of East London, called the police response "a bit Keystone Kops."

THE ASSOCIATED PRESS

'We're human'



► Police spokesperson Johan Fredriksen, above,

rebuffed journalists' questions yesterday about the planning and equipment failures that gave Breivik untold extra minutes to kill.

- Fredriksen called the criticisms "unworthy."
- "We can take a lot, we're professional, but we are also human beings," Fredriksen said.

— ROGERS JULY HANDSET SALE — THE HOTTEST ANDROID™-POWERED SMARTPHONES NOW ON SALE



Right now, save an additional \$50* off our already low prices on a huge selection of the hottest Android-powered smartphones.

HURRY! OFFER ENDS JULY 31.

Visit a Rogers Store today!

ONLY FROM  ROGERS™

McD's gets appy and healthy

► U.S. Happy Meal customers can already choose apples instead of fries ► But only about 11 per cent do

McDonald's Corp. is adding apples to all its Happy Meals and launching a nutrition-focused mobile-phone app as part of a broader health push.

The changes underscore how the restaurant industry is reacting to the demands of customers and regulators who blame it for health ills ranging from childhood obesity to diabetes.

Among other changes in McDonald's new program:

- A pledge to reduce sugars, saturated fats and calories through "varied portion sizes, reformulations and innovations" by 2020. By 2015, the fast food chain will reduce sodium by 15 per cent.

- McDonald's will introduce a new mobile app fo-

cused just on nutrition information.

• McDonald's USA president Jan Fields and other executives will go on a "listening tour" in August to hear suggestions from parents and nutrition experts. The chain will also launch a new online forum for parents.

McDonald's says the new directives are "absolutely not" related to impending regulations that will force the industry to curb the marketing of junk food to children and post nutrition information on menus.

Rather, the changes are a response to what customers were asking for, said Cindy Goody, McDonald's senior director of nutrition.

THE ASSOCIATED PRESS



Economic woes anger Israelis

Thousands of young protesters have set up sprawling tent camps in Israeli cities, forcing Prime Minister Benjamin Netanyahu yesterday to introduce economic reforms to address a

swell of discontent over high housing costs and stave off the worst domestic crisis of his two years in power.

Netanyahu's reforms, meant to bring down steep housing prices, appeared unlikely to end the crisis, which already has forced him to cancel a high-profile visit to Poland and sent his approval ratings plummeting. THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 135.39 (13,300.56)	+ 0.34¢ (106.07 ¢US)	+ 0.39¢ US (\$99.59 US)	\$4.331 (-2.4¢)

Gold contracts \$1,616.80 (+ \$4.60)

Canada's only money back bank account.



Earn 1% money back on all your debit purchases* and get unlimited self-service transactions with the new Scotia Moneyback™ Account. Save by doing what you do everyday. Visit a Scotia branch and find out how.

letthesavingbegin.com

You're richer than you think.®



* Registered trademarks of The Bank of Nova Scotia.™ Trademark of The Bank of Nova Scotia.
† Conditions apply. Visit scotiabank.com/moneyback or a Scotiabank branch for full details.



Cheaper cell plans hurting Rogers

Rogers Communications Inc. faced tougher cell-phone competition from players big and small alike as the country's largest wireless carrier saw its second-quarter profit drop by nine per cent.

"We're selling and competing in an increasingly competitive market," Rob Bruce, president of Rogers' wireless division, said yesterday.

Rogers said it was hit on a number of fronts in the cellphone market after reporting its net income slipped to \$410 million, or 75 cents a share, down from \$452 million or 77 cents a share a year ago.

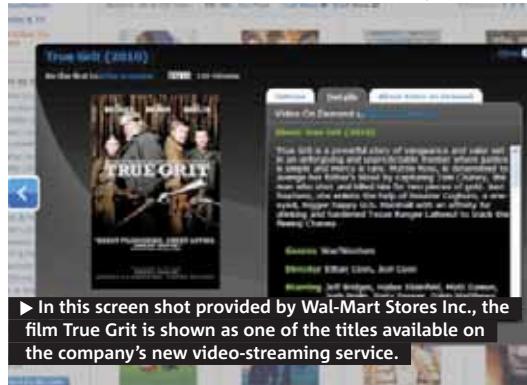
"We delivered the results today against a backdrop of fairly intense competition with our incumbent friends Bell and Telus, particularly in the business space with aggressive pricing and promotions," Bruce told reporters on a conference call.

THE CANADIAN PRESS

Walmart.com now streams flicks

The world's largest retailer yesterday started streaming many movies the same day they come out on DVD, in a second bid for a share of popular movie rental and streaming website Netflix Inc.'s business and just two weeks after Netflix announced new price increases.

Wal-Mart Stores Inc. bought video-streaming service Vudu.com 18 months ago and now offers 20,000 titles that can be viewed on almost any



device with Internet access, from computers to televisions to Sony's PlayStation3 and other Blu-ray disc players.

Movies are available at Walmart.com to rent for \$1 to \$5.99 or to purchase for \$4.99 and up. Wal-Mart is not offering subscriptions, making its service more similar to Apple Inc.'s iTunes, which charges \$3.99 to rent newly released movies and \$14.99 to buy a movie.

THE ASSOCIATED PRESS

Goodbye cable.
Hello savings.

Make your whole house happier. Switch to Bell,
get spectacular services and save money.



Here's what you get:

- Satellite TV with stunning HD picture quality.
- A dedicated Internet connection¹ that gives you the speed you need – no boost required.
- The most reliable home phone.²



ALL FROM JUST

\$ 69 96/MO
For 12 months³

All monthly fees included.
One-time \$30.40 activation fee.⁴

FREE HD PVR
rental for 36 months.⁵

Choose to own it afterwards at no additional charge.

Visit a Bell store or The Source • 1 866 698-5257 • bell.ca/savings

Bell your home
just got
better

NOT EVERY DOG HAS A DAY LIKE THIS

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Alexander McQueen had it all. The English fashion designer rose from the obligatory humble beginnings in London's East End. He was the son of a taxi driver and a

school drop-out at 16. By the time he was 40, he was one of the world's leading fashion designers. Kate Middleton's wedding dress, currently the target of pilgrimages to Buckingham Palace where it's on display, is the work of an Alexander McQueen designer.

None of this was able to soothe the beast of depression, and last February, just days after his mother died, Alexander McQueen hanged himself in what the English call a wardrobe ... a closet.

Now comes the task of dividing his 16-million-pound fortune and eyebrows are heightened on both sides of the pond with the news that 50 thousand pounds of it are going to the dogs.

"Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers. Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys."

pounds each to the Battersea Dogs and Cats Home and the Blue Cross animal-welfare charity.

Every dog has his day, but it's not every day the dogs inherit the treasure.

The CEO of the Blue Cross charity is "thrilled." Hard to tell what the dogs think, but tails are wagging all around.

We could put this down to Englishmen and their mad dogs, but it's hardly the dogs that are mad. Juice, Minter and Callum would be perfectly happy with three squares, shelter from the storm and a nice curb, but people like to anthropomorphize their pets, smother them in love and luxury and hope they get a nice greeting at the door in return.

I suspect that whatever Juice, Minter and Callum could have given their master it would have been infinitely less complicated and conditional than the web of relationships that defined his social circle. So I'm sure they're full value for their 50K.

Still, if there's anyone out there who feels compelled to follow Alexander McQueen's lead, rest assured that for \$77,000 Canadian I'll take care of your pooches like they wuz kings. The line forms here.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



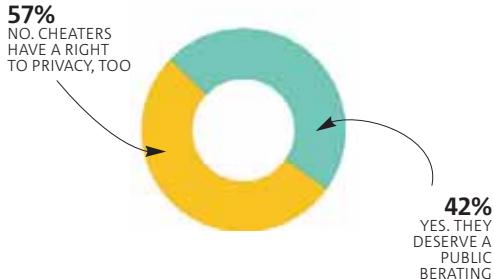
METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON • K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca • Distribution: bernie.horton@metronews.ca • Publisher Bill McDonald, General Manager Dara Mottahed, Managing Editor Sean McKibbin, Distribution Manager Bernie Horton • **METRO CANADA**: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production Matt LaForge, Associate Managing Editor, News

and Business Kristen Thompson, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown



Register at metropolitanpanel.ca and take the quick poll

Would you out a cheater online?



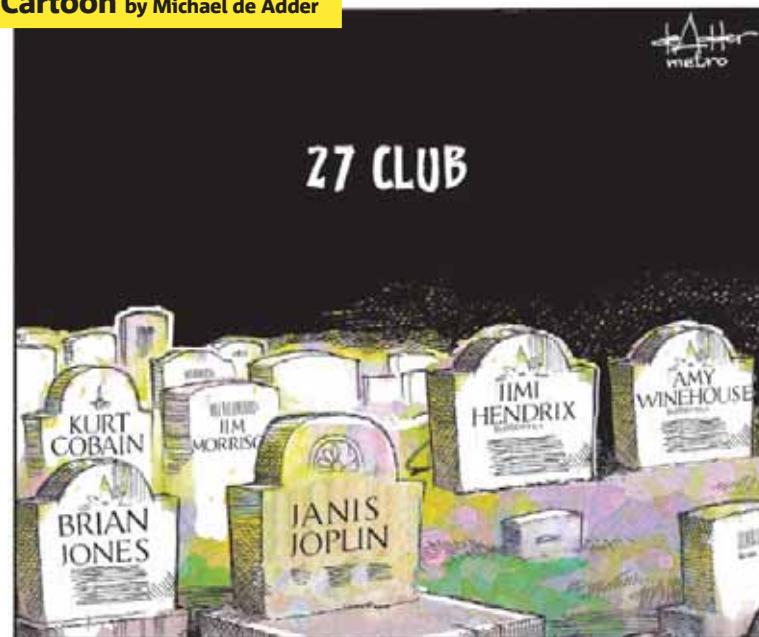
Letters

*Re: She Says column
(Table for two, please...
non-children) published
July 26*

I normally enjoy this article, but today I am a bit offended. Systematically barring any group from a restaurant is textbook discrimination. But I am more worried about the flippant attitude displayed when it comes to "happy meals" and that "you have to sacrifice a little" to go to a restaurant with children. Not all children behave badly. The bigger issue is a battle nationwide, in Canada and the U.S., against obesity. To suggest that these are reasonable alternatives is thoughtless. Think of the health of the kids — this is not a laughing matter. Children become what they become by how they are raised. Take your kids to fast-food joints all the time, and what do you get? Obese, lazy parents who take their kids to fast-food joints. More health problems, higher taxes to treat those problems, then no one will be able to go to nice restaurants because fast food, will be the only affordable option.

MICHAEL WEBER
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Attack of the kangaroo ends with pepper spray

A 94-year-old woman struck an attacking kangaroo with a broom and managed to crawl to safety in her house in the Australian Outback before police subdued it with pepper spray.

Phyllis Johnson said the kangaroo attacked her while she was hanging her laundry in her yard Sunday in the Queensland state town of Charleville.

"I thought it was going to kill me," Johnson told The Courier Mail from a hospital bed. "It just plowed through

the clothes on the washing line straight for me."

She said the kangaroo knocked her down and kicked her prone body. Johnson said she managed to get to her feet and grab the broom to hit it.

"She fought it off herself with a bit of help from the family dog," her son, Rob Johnson, said, adding the kangaroo had "a bit of a go" at him when he came home, then he called police.

Senior-Sgt. Stephen Perkins said the first officer to reach the backyard was forced to spray the kangaroo to avoid being injured.

Wildlife rangers trapped the kangaroo. It will be examined by a vet before a decision is made about its future, a government official said.

THE ASSOCIATED PRESS



A man of few words

► Soft-spoken and reserved, Ryan Gosling struggles with living in the spotlight ► *Crazy, Stupid, Love* star tells Metro how he gets past his fear

HEIDI
PATALANOSCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

In an interviewing style that references De Niro's tight-lipped one-word answers or Bob Dylan's absurd responses, it's never easy to pin down Ryan Gosling. But while he promoted his latest film, the romantic comedy *Crazy, Stupid, Love*, the *The Notebook* star was forced to talk about himself and, unfortunately for him, dating.

So much has been said about casting you in a comedic role. Do think you're funny?

Yes. I'm just trying to convince you of that.

That's it? Just yes?

Uhh ... you want more? It's not good enough. I guess I'm not funny. I'll work on it. I don't know how to answer that.

This project shows off your improv skills. Are there any projects you're interested in that would allow you to do more of that?

No. I don't want to improv. They make me because

they get bored. They're like, be funnier. Make something up. Entertain us. Dance, monkey.

Would you host Saturday Night Live?

I'm too scared. It took me a lot to get up the guts to do this.

What was scary about doing *Crazy, Stupid, Love*?

I'd never done a comedy before so that was scary. I did it because I love Steve Carell. I think he's the best. When I first moved to Los Angeles, I did a pilot and I was 17. I had a small

part and so did Steve. He was so funny that I would go to the set to watch him work.

Your character in the film, Jacob, is really good at picking up ladies. Can you relate to him at all?

Not really. I don't know if anyone can. He's kind of like Bugs Bunny. I relate more to Steve's character. It was hard to play Jacob.

So then are you shy around women?

I don't know how to answer that. They come up to me and then they're dis-

Photoshopped

In *Crazy, Stupid, Love*, co-star Emma Stone's character says Ryan Gosling's stomach looks like it's been photoshopped since it's so ripped. Gosling shares with us how he got in shape for the role.

► **Quote:** "James Cameron invented this program called the 'Abbatar' where I just wear this motion capture suit and I've got muscles. So yeah, that's all. It was really easy."

pointed that I'm not Ryan Reynolds.



Crow

Some winning bidder will soon be cruising life's winding road in Sheryl Crow's 1959 Mercedes-Benz 190SL Roadster. Crow is auctioning off the classic car next month with the proceeds going to help rebuild the tornado-ravaged city of Joplin.

THE ASSOCIATED PRESS

TRACING SCI-FI WESTERNS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

When we think of westerns usually images of cowboy hats, stagecoaches and John Wayne come to mind. I say usually because while those may be the most common icons associated with the genre they're not the only ones.

This weekend, *Cowboys & Aliens* adds spaceships, extraterrestrials and laser guns to the existing formula. To research the movie's

western half director Jon Favreau watched classic movies like *Stagecoach* and *Destry Rides Again*. Then he spent time with *Alien*, *Predator*, and *Close Encounters of the Third Kind*.

"If you do it right," he said of the film, "it honours both, and it becomes interesting and clever and a reinvention of two things that people understand."

So call it a spaceter or neo-western if you like, but it isn't the first movie to mix and match sci fi with horse opera.

Michael Crichton wrote and directed *Westworld* after a trip to Disneyland. The *Pirates of the Caribbean* ride inspired

him to imagine an amusement park where vacationers pay \$1,000 a day to interact with robots programmed to replicate life in different periods of history. When a computer malfunction sends Yul Brynner's black hatted cyborg gunslinger on an animatronic rampage through the western theme park the old west becomes a place of high tech terror.

Sci fi westerns aren't always set on Earth however.

The animated feature *Bravestarr: The Legend* sets the action on the planet of New Texas, located 1956 light-years from Earth. Bashing together the best bits of *Star Wars* and tradi-



► Harrison Ford, left, and Daniel Craig star in *Cowboys & Aliens*.

tional oater plots the movie features cool western space toys like rocket scooters with fairings shaped like horses' heads and a villain named Tex Hex.

Outland, the 1981 Sean Connery space thriller isn't exactly a sci fi western, but it is based on one of the

most famous cowboy movies of all time, *High Noon*. A critic for the *Boston Globe* wrote, "Outland marks the return of the classic western hero in a space helmet," and noted that its themes of loyalty and betrayal echoed *High Noon*.



With gay marriage legal in New York, actress Heather Matarazzo wed longtime girlfriend

Hit show speaks to geeks

► The Big Bang Theory lovingly pokes fun at nerds, say cast members
 ► Rating gold: Program was renewed earlier this year for another 3 years

The stars of The Big Bang Theory acknowledge they could well be the outsiders when it comes to the number of people in the world who are nerds.

"There's a lot of closeted nerds out there," says Si-

mon Helberg, who plays the perpetually randy Howard Wolowitz on the hit TV show.

"Personally, I'm not into Star Trek or physics or comic books but I know I might be in the minority."

DARREN CALABRESE/THE CANADIAN PRESS



► Looking a bit less dorky than usual: The Big Bang Theory cast members, Simon Helberg, left, Jim Parsons, centre, and Kunal Nayyar pose in Toronto, October 7, 2010.

LIVE HEALTHY LIVE WELL HOT BUYS

Udo's Choice Udo's Oil Omega 3-6-9
500 ml - Reg. \$29.99
Hot Buy: \$21.99
Save: \$8.00

Allmax CLA
Weight management
90 softgels - Reg. \$37.49
Hot Buy: \$19.99
Save: \$17.50

Cytogenix Xenadrine Xtreme
Weight management
120 softgels - Reg. \$69.99
Hot Buy: \$39.99
Save: \$30.00

Cytogenix Xenadrine RZR-X
Weight management
120 softgels - Reg. \$69.99
Hot Buy: \$39.99
Save: \$30.00

Strive Pro-Vit
Multivitamin vita pack
28 days - Reg. \$62.49
Hot Buy: \$39.99
Save: \$22.50

BSN Syntha 6 Protein
2.91 lb - Reg. \$69.99
Hot Buy: \$41.99
Save: \$28.00

Renew Life Total Body Rapid Cleanse
Cleansing
1 kit - Reg. \$34.99
Hot Buy: \$23.99
Save: \$11.00

Allmax Aminocore
Pre-workout
20 pack - Reg. \$62.49
Hot Buy: \$29.99
Save: \$32.50

Women's WELLbeING be-PROTECTED
Women's nutrition
90 softgels - Reg. \$34.99
Hot Buy: \$12.99
Save: \$22.00

Women's WELLbeING be-WHOLEHEARTED
Women's nutrition
90 softgels - Reg. \$39.99
Hot Buy: \$14.99
Save: \$25.00

GNC TriFlex
Joint care
240 caplets - Reg. \$69.99
Hot Buy: \$47.99
Save: \$22.00

Kaizen Ephedrine Pouch 8 mg
Natural remedy
2 x 50 tablets - Reg. \$13.98
Hot Buy: 2 for \$7.49
Save: \$6.49

Huge Savings
Rivalus BOGO 50% Off

Visit www.gnc.ca for the location near you
170 locations coast to coast

* Hot Buys offer valid July 21 to August 1, 2011. Offer is limited to quantity on hand. Lowest price guarantee is based on nationally advertised pricing. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

He says co-stars Kunal Nayyar (Raj), Jim Parsons (Sheldon) and Johnny Galecki (Leonard) aren't nerds either, despite how well they play the socially challenged geniuses.

"I think ultimately everyone has those qualities of feeling a little bit like an outsider or being passionate about something," says Helberg, who will host the Tribute to Nerds show with Nayyar at Montreal's Just For Laughs festival on Friday.

The Big Bang Theory, which is seen on CTV, is about four young scientists and their attractive — and comparatively normal — neighbour Penny (Kaley Cuoco).

While the show started strongly in 2007, it really caught fire through word of mouth.

"Nerds will talk," observed Helberg, although both he and Nayyar pointed out the show isn't out to just ridicule geeks but also to lovingly poke fun at them.

The show's fourth season finale set the Internet abuzz when Raj ended up sleeping with Penny, Leonard's former girl-

"People relate to it because it's about underdogs and it's about reaching out to the real world and it's about trying to find love and it's about friendship."

ACTOR KUNAL NAYYAR, WHO PLAYS RAJ ON THE BIG BANG THEORY

Nerd icons?

Nayyar says any suggestion the stars are nerd icons is humbling and the idea gives him "goosebumps."

► "I would hope that people who were poked fun at for being nerds or geeks in the past can now wear it proudly and I hope Big Bang had some part to play in it," he said.

► "I don't know what nerdiness they see in me or why they immediately thought of my face when the word nerd was in the title but I will try not to let down the nerds," cast mate Simon Helberg promised. "It's a big responsibility so I'm working on my nerdiness and perfecting it."

friend.

Nayyar and Helberg are surprisingly like their characters when it comes to resolving that situation, with Nayyar saying he'd advise Raj to take a deep breath, not beat himself up, and rebuild his friendship with Leonard.

As for Helberg, he'd tell Raj to rebuild his bridges with Leonard — "and brag quietly to your friends about your victory. Tell Wolowitz all the details because he's not going to let you go without it."

Both Nayyar and Helberg say the cast is as close off-screen as they are on and that contributes to their performances as a tight-knit group of buddies.

"It's a lot of fun," says Nayyar. "We're a family."

THE CANADIAN PRESS

Laying Winehouse to rest

- Autopsy fails to determine cause of singer's death
- Police waiting on toxicology tests, results in 2-4 weeks

Friends and family were saying goodbye to Amy Winehouse yesterday at a private funeral ceremony in London.

Producer Mark Ronson and media personality Kelly Osbourne — her hair piled beehive-high in an echo of the singer's trademark style — were among mourners arriving for the service at Edgwarebury Cemetery in north London.

The service was expected to be followed by cremation and a family gathering at a local synagogue.

The soul diva, who had battled alcohol and drug ad-

"Amy was about one thing and that was love." FATHER MITCH WINEHOUSE



ALL OTHER PHOTOS GETTY IMAGES

diction, was found dead Saturday at her London home. She was 27.

On Monday the singer's father, mother and brother visited the house where she died, thanking mourners who had left flowers.

"Her whole life was devoted to her family and her friends and to you guys as well," father Mitch Winehouse said to fans.

Winehouse released only two albums in her short career — winning five Grammy awards for the second, *Back to Black* — and often made headlines because of drug and alcohol abuse, eating disorders, destructive relationships and abortive performances.

Since her death, her records have re-entered album charts around the world, and tributes have poured in from fans and fellow musicians.

George Michael called her "the most soulful vocalist this country has ever seen," and Adele said she "paved the way for artists like me and made people excited about British music again." **THE ASSOCIATED PRESS**

Amy's ex reacts

Despite their messy split in 2009, Blake Fielder-Civil is "devastated and shattered" by the news of ex-wife Amy Winehouse's death, his current girlfriend, Sarah Aspin, tells the Sun.

► "I will never ever again feel the love I felt for her," Fielder-Civil reportedly told Aspin. "Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead."

► Staff at the jail where Fielder-Civil is currently serving out a three-year sentence for burglary and firearm possession have been instructed to keep a closer eye on him. "He just can't take it in that she's dead and he'll never see her again," Aspin says.



► Kelly Osbourne arrives at Golders Green Crematorium for the funeral ceremony of British singer Amy Winehouse, north London, yesterday.

Gossip Girl files suit

Gossip Girl star Leighton Meester is suing her mother for allegedly misusing money the actress had been sending home for the care of her brother, according to People magazine.

Instead, Constance Meester was allegedly using the \$7,500 a month for cosmetic procedures and other personal expenses.

"This whole thing's been really tough on Leighton," a source says.

"Her only concern has always been taking care of her brother."



The suit claims that Constance threatened to sue Leighton for \$3 million if the actress didn't raise the monthly allowance to \$10,000. **METRO**

Kat Von D and Jesse James split

Jesse James and Kat Von D have called off their engagement, the L.A. Ink star confirmed on Twitter.

"I am no longer [with] Jesse, and out of respect for him, his family and myself, that's all the info I'd like to share," she posted.

James, though, was willing to share a bit more, telling People magazine, "I'm so sad because I really love her."

He claimed too much distance was the reason for the split.



The pair began dating shortly after James' divorce from Sandra Bullock was finalized. **METRO**

Biebs and his old man get matching tats

Justin Bieber wasn't alone when he went under the tattoo needle recently.

The pop sensation recently had Jesus in Hebrew tattooed on his side, and his dad got the same ink as well, accord-

ing to Celebuzz. He even held his son's hand when the younger Bieber had his done.



Celebrity tweets

Arnold Schwarzenegger
"Thanks for all your support for Christopher. It means a lot to me & to him. He's doing much better & we'll have him back at full speed soon."

Garry Shandling
"I thought America's debt crises might be exaggerated, but I opened up a fortune cookie the other night, and it said. 'We own you.'"

Alec Baldwin
"Men should Not wear jean shorts!..ever never ever ever never. Nope never ever ever never!!!!!"

Alec Baldwin
"The older I get, the less young I feel."

Arnold doesn't read the fine print

Arnold Schwarzenegger reportedly refiled divorce papers, with the new documents not blocking Maria Shriver's requests for spousal support and to have her attorney's fees covered, according to TMZ.

Sources say Schwarzenegger signed the initial response without reading it, not realizing his lawyers had moved to



block Shriver's requests. **METRO**



WIN a copy of **BLITZ** on Blu-ray!
Available on blu-ray, dvd and digital download August 23rd!
To register and for full contest details visit clubmetro.com





Cave tours



About 10,000 visitors to Horne Lake Caves Provincial Park take guided underground tours each year — but many others are too nervous to do so. An interpretive centre opening Aug. 9 will allow those nervous visitors to experience the site. British Columbia has more caves than all the other provinces combined — and Vancouver Island, with more than 1,400 known caves, has the highest concentration in B.C.

THE CANADIAN PRESS



Big Sur a haven for writers, musicians, artists inspired by history, Henry Miller.

Hitting the slopes in summer

► Vancouver Island resort courts mountain bikers ► New trail, courses cater to beginners to help them get a piece of the action

For Manus, a 41-year-old mountain-bike rider, it's all about the adrenaline rush when he's tackling the downhill trails of Vancouver Island's Mount Washington.

Time slows, and Manus, who uses no last name, grows focused on the ever-changing landscape.

"Your environment is whipping by you at such hyper speed that you're just reacting to your environment," he said. "The adrenaline rush is out of this world."

Mount Washington hopes visitors, especially novice and beginner mountain bikers, want a piece of that action, too.

After all, whether it's winter or summer, Mount Washington is in the business of selling adrenaline. And in a move to improve its summertime bottom line, the resort has added a beginners trail and lessons to its intermediate and expert mountain-bike attractions.

The mountain, which towers over the Comox Valley on the east coast of Vancouver Island, about an hour's drive north of the city of Nanaimo, is not alone. Around B.C., in places like Whistler and Sun Peaks, near Kamloops, ski resorts are selling downhill mountain-bike thrills to tourists.

Brent Curtain, director of public relations for Mount Washington Alpine Resort, said while hundreds of thousands of people visit his resort to ski and snowboard during the winter months, only "thousands" of people patronize it during summer.

So the resort has opened its Green Line mountain-bike run, a 2.2 kilometre novice trail that's serviced by a high-speed chair lift. The trail takes riders down the mountain's western flank.

The Green Line joins a list of 15 other runs, boasting intimidating names like Monster Mile, Back in Black, Helter Skelter and the Evil Eye, and not-so-

If you go

► **How to get there:** Mount Washington overlooks the Comox Valley, on Vancouver Island's east coast. It is accessible by car, bus, air and ferry.

► The bike park is open between 11 a.m. and 7:30 p.m. daily between July 15 and Sept. 5. The resort also provides rental bikes.

► For more information: mountwashington.ca

intimidating names like Quick N Dirty, Big Brother and Time Warp.

Riders can now tackle 37 kilometres of trails.

Instead of adding even more runs to its existing network of trails this year, the resort decided to open the Green Line and upgrade its existing runs, said Curtain.

It's also offering a learn-to-ride week between July 25 and July 29, in addition to events like the B.C. Provincial Cup Championships Aug. 13-14 and the female-only See Jane Jump competition, Aug. 20-21.

There's even a food and wine festival Aug. 26-27.

Jeremy Grasby, owner of the Riding Fool, a nearby hostel that's geared toward mountain bikers, said the beginners trail and lessons are a must for the mountain.

He said while the resort has had a great reputation with intermediate and advanced riders, it has fallen short with beginners.

"The rider that Mount Washington attracts is seeking adrenaline, as well as pushing the envelopes of their riding abilities."

Curtain said the sport, which has been dominated traditionally by men in their late teens and early 20s, has witnessed some big changes in the past few years. It's now not uncommon to see people in their 60s riding mountain bikes, as well as kids and women.



► Mountain bikes are transported on a chair lift to the top of Mount Washington.



► Cyclists pose at the top of Mount Washington.

"We feel that those numbers will continue to grow in the future years to come," he said.

Gregory Bird, owner of the Vancouver Island Mountain Biking website, VIMB.com, said he has ridden the new beginners trail and gives it high marks.

"It's a pretty neat trail,

actually," he said, noting the run boasts lots of flow and corners. And it's about time, he added, for the resort to increase its offerings for beginners.

"There's been many a time I've seen beginners up there sort of looking for stuff to ride and being somewhat intimidated by

the stuff they saw."

Bird said more and more visitors are growing interested in Vancouver Island mountain biking opportunities, and he's seen an increase in emails and forum posts from European and American riders on his website.

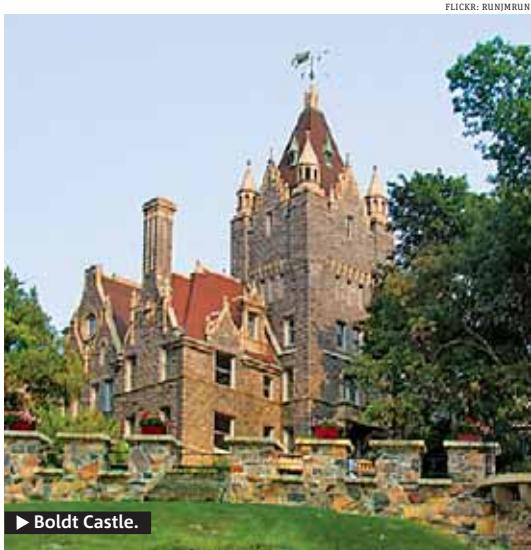
THE CANADIAN PRESS

A thousand thrills

► Ontario's Thousand Islands is a rare gem for boating, fishing and biking



► The Thousand Islands



► Boldt Castle.



► Speed boating is a popular option.

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Billing itself as "the greatest vacation spot in the world," the Thousand Islands region in southeastern Ontario is doing its darnedest to earn that moniker.

Being a B.C. boy who has travelled the world, it's pretty hard to find unique and unusual places. The Thousand Islands is one of those rare gems that really does stand out.

After arriving at the quaint, historic Gananoque

Inn on the banks of the St. Lawrence, I was immediately struck by the fact that there really is a heck of a lot of islands here. In fact, there is far more than the promised 1,000. Actually, a total of 1,793 separate islands make up the archipelago that straddles the Canada/U.S. border.

Speed-boating across the international water border, I was amazed at the endless number of private little islands, some barely large enough to hold a house.

The fishing out here is phenomenal too — that is, until I happened to snag a large ornery northern pike.

Half an hour after landing this monster, it suddenly proceeded to chow down on my poor index finger, which threw a bit of a monkey wrench into

What to do

► Visit Boldt Castle: Built on one of the islands by an American millionaire for his wife, this amazing cas-

tle is a stunning piece of architecture worth seeing. ► Skydive: For the adventurous, freefall on your first jump and enjoy a stunning view of the islands.

my day on the water.

However, I was soon distracted from my traumatic fish experience by all the other fun things happening here. Back on the mainland in Gananoque, I wiled away a morning cycling by all the gorgeous heritage-style houses in the area.

Another scenic area is the Gananoque Trail hike, which brings you through forest and along the river front. But to really get a good look at this area, you have to head to Hill Island near the U.S. border.

Here you can ride to the top of the Thousand Islands tower sky deck and get a breathtaking view of the river and all those islands.

They aren't cheap anymore, but I sure wish I had the money to own my own island.

REWARD YOURSELF AT THE NEW DOWNTOWN MARLIN TRAVEL

Now you've got more reasons to book with Marlin Travel.

- Earn AIR MILES® reward miles on your vacation* when you book with Marlin Travel Minto Place.
- Redeem your reward miles for Marlin Travel Reward Certificates** to be used towards your perfect vacation.

For a LIMITED TIME ONLY, simply drop in and you'll receive 25 FREE AIR MILES reward miles when you join our E-Club!***

Visit us today! Wherever you want to go, we'll get you there.

Marlin Travel - Minto Place
(Formerly Voyages Algonquin Travel)

180 Kent Street, Unit 3, Ottawa

613-237-6340 www.marlintravelonline.ca

Open Monday to Friday 9am - 5pm

marlin travel™

The place in your mind. We'll get you there.

*Base reward mile offer is 1/\$35 on vacation packages, cruise fares and charter flights. Not applicable on scheduled airline or rail tickets, hotel and car reservations paid locally, taxes, service fees, non-commissionable items, foreign exchange and insurance. Other conditions may apply. **To redeem for your Reward Certificates visit www.airmiles.ca. 800 AIR MILES reward miles = \$100 Marlin Travel Reward Certificate. Valid on new bookings only with select suppliers. No minimum booking value required. A maximum of 4 Reward Certificates per person, per trip may be used. Base reward miles are not issued on the value of Reward Certificates applied to the booking. All rewards are subject to the terms and conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. See www.airmiles.ca for details. ***Earn 25 reward miles when you visit our agency and provide a valid e-mail address to be enrolled in our E-Club. No purchase is required. Offer is valid only at Marlin Travel, 180 Kent St., Ottawa for E-Club enrolments. Limit of one offer per Collector account. Offer code: 0679GROP. This is a limited time offer and may be withdrawn at any time without notice. ©TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc., and Transat Distribution Canada Inc. Marlin Travel is a division of Transat Distribution Canada Inc. Head Office: 191 The West Mall, 7th Floor, Etobicoke ON M9C 5K8. On Reg. #50015084.



Ice island amazes visitors

► Newfoundland's greatest iceberg season on record thrills locals, tourists

The greatest iceberg season in recent memory is drawing scores of visitors to Newfoundland's northern peninsula for a glimpse of the majestic sculptures.

"For this time of year, I've never seen so many icebergs — and so big," said Paul Alcock of Northland Discovery Boat Tours in St. Anthony, Nfld.

"It's a pretty spectacu-

lar sight out here right now," he said of at least 25 icebergs still looming within 16 kilometres of the town. "For this time of year, you wouldn't expect to see much more than

three or four."

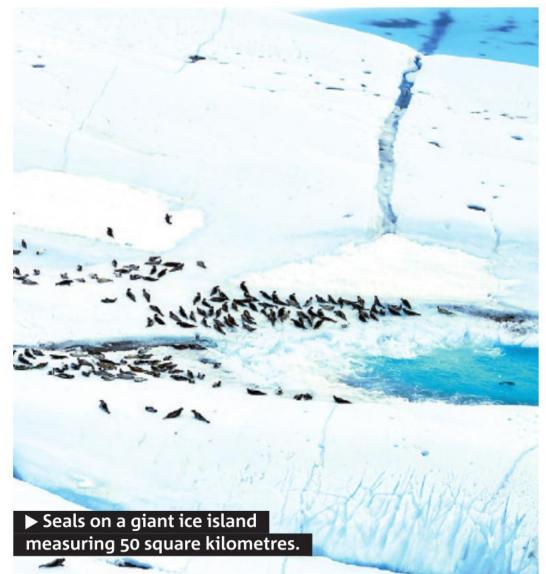
The rare extravaganza is thanks to a nearby ice island that was part of a 260-square-kilometre chunk that split from Greenland's Petermann Glacier last August. That original piece has since broken into smaller bits.

One of the largest remaining pieces is the 50-square-kilometre ice island now floating about 20 kilometres off Labrador, south of Cartwright.

As it moves through the water, it "calves" or sheds pieces of ice that create the clusters of icebergs now attracting visitors from across Canada and parts of the U.S., Alcock said.

One of the highlights of his tour is a massive tabular slab that's about 1.6 kilometres long and 54 metres high.

"You've got waterfalls,



► Seals on a giant ice island measuring 50 square kilometres.

you've got thick blue lines in the ice, you've got seals that are up on different places. It's almost like its own little habitat by itself. It's pretty amazing to see."

There's so much big ice that Alcock expects a record-long viewing season stretching into September.

"We had a gentleman a couple of days ago that got here from Montreal," Alcock said. "When he heard about it, that was it, he took a few days off work and made a beeline for Newfoundland to see them."

"People are left speechless." **THE CANADIAN PRESS**

MIDEARTH TRAVEL 

738 Bronson Ave. 224-6 Hunt Club Rd.
613-236-5226 613-236-2323
www.midearth.ca

TORONTO - NIAGARA FALLS
2-day bus tour, 1000 Islands Cruise, Toronto & Niagara Falls. Saturday departure **from \$109**

NEW YORK CITY FUN
3-day bus tour, NYC and Woodbury Outlets Saturday departure **from \$179**

USA 4-DAY BUS TOUR
NYC - Washington - Atlantic City Saturday departure **from \$209**

QUEBEC CITY & WHALE WATCHING
Quebec City & Montreal. 2-day bus tour
Departure - July 30th and more
from \$119

All including Bus & Hotel



FLIGHT CENTRE *Unbeatable*

Airfares

Toronto
\$34

one-way Travel Aug 12/pd

Halifax
Travel Aug 10/pd

+ taxes & fees \$50

St John's
Travel Aug 16/ac

+ taxes & fees \$72

Fort Lauderdale
Travel Oct 1 - Oct 8/ts

+ taxes & fees \$293

Paris
Travel Aug 8 - Sep 1/ts

+ taxes & fees \$485

New York
Travel Sep 14 - Sep 21/dl

+ taxes & fees \$141

Barcelona
Travel Aug 12 - Aug 27/ts

+ taxes & fees \$433

Hong Kong
Travel Sep 20 - Oct 4/co

+ taxes & fees \$437

Bangkok
Travel Sep 20 - Oct 4/ua

+ taxes & fees \$563

Buenos Aires
Travel Sep 13 - Sep 28/ac

+ taxes & fees \$498

Auckland
Travel Sep 13 - Sep 21/qf

+ taxes & fees \$648

Canada

Gananoque
Family Special, 2 Nights
\$129

Gananoque Inn & Spa taxes & fees included

INCLUDES accom near the St. Lawrence River. Price is per person based on a family of 4. Departs Aug 7, 14, 21, 28/ggv.

Toronto Weekend, 3 Nights
Novotel Toronto Centre taxes & fees included

INCLUDES central accom near the theatre district. Travel Aug 25/ggv.

Montreal Weekend, 3 Nights
Holiday Inn Montreal Midtown taxes & fees included

INCLUDES central accom near Place des Arts & Old Montreal. Travel Aug 25/ggv.

Calgary Air + 4 Nights
Sandman Hotel Calgary City Centre taxes & fees \$695

INCLUDES central accom near transport and the Plus 15 pedestrian skywalk system. Departs Aug 25/ggv/ac.

Vacation
Bermuda Air + 5 Nights
Grotto Bay Beach Resort taxes & fees \$949

INCLUDES resort-style accom. Departs Sep 22/wsv/ws.

USA

Orlando
Family Special, Air + 7 Nights
\$189

Champions World Resort taxes & fees \$384

INCLUDES accom near theme parks. Price per person is based on family of 4. Departs Sep 8/ggvts/ac.

UPGRADE to 4-star Buena Vista Palace Hotel & Spa for \$21 per night. **ADD** 4-day Walt Disney World Resort Magic Your Way Base Ticket for \$241 adult and \$222 child ages 3-9.

Las Vegas
Air + 3 Nights + Cirque du Soleil
Circus Circus taxes & fees \$478

INCLUDES accom on the Strip. **BONUS** tickets to select Cirque du Soleil or other Las Vegas show included. Departs Dec 7/ggv/ac. **UPGRADE** to 4-star accom for \$9 per night.

New York City Air + 2 Nights
Manhattan at Times Square taxes & fees \$599

INCLUDES central accom near attractions. Departs Aug 8, 15/ggv/dl. **UPGRADE** to 4-star Renaissance NY Times Square for \$44 per night.

Phoenix Air + 3 Nights
Point Hilton Squaw Peak Resort taxes & fees \$599

INCLUDES accom in the Phoenix North mountains. Departs Oct 9, 16, 23/ggv/co. **UPGRADE** to 4-star Arizona Biltmore Resort and Spa for \$41 per night.

Europe

Rome
Air + First 2 Nights 4-Star
\$460

Excel Montemarino Hotel taxes & fees \$439

INCLUDES accom near the Vatican. Departs Aug 6/vat-ts. **ADD** Angels and Demons Tour for \$89 per person.

London Air + First 2 Nights
Tavistock Hotel taxes & fees \$485

INCLUDES Russell Square accom with breakfast. Departs Sep 19/tnh-ts. Upgrade to 4-star Kensington Close hotel for \$20 per night. **ADD** Explore London Walking Pass for \$21 per person.

Dublin & Glasgow Air + 7 Nights
Jurus Inn Christchurch, Express by Holiday Inn Glasgow City Riverside taxes & fees \$693

INCLUDES all airfare, 4 nights dublin accom and 3 nights Glasgow accom. Departs Sep 8/vat/ac-ts.

Prague Air + 7 Nights
Angels Hotel taxes & fees \$997

INCLUDES central accom near subway. Departs Sep 14/ggv/lo.

Croatia Air + 6 Nights 4-Star
Arcotel Allegro taxes & fees \$1579

INCLUDES central city accom. Departs Oct 19/ggv/af.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!



1 866 827 2214



Join our Insider Club for
hot deals. Text **YOW** to
131 600



flightcentre.ca



Visit us in store.

Dip into healthier snacking

► Dunk your favourite fruit into these unique citrus, chocolate or orchard spice flavours

Maybe you need another idea for packing fibre and vitamins into your child's lunch.

Or maybe you're looking for a way to convince yourself to eat more fruit.

Either way, making a dip (or three) in which you can dunk your fruit can make it a little more enticing, and a lot more fun.

In constructing a healthful dip for fruit, the main problem lies in the base of the dip.

You want something that doesn't pile on the fat or sugar, but still is interesting enough that you want to dunk apples and strawberries in it.

We wanted to create a creamy base that could be easily flavoured.

For obvious reasons, the full-fat versions of cream cheese and sour cream

were out. Greek-style yogurt has a great mouth feel and creaminess, but some people find it overwhelmingly tart.

So we opted to use low-fat cream cheese blended with non-fat Greek yogurt.

The result is creamy and luscious and is a perfect base for flavourings.

As a bonus, it's also a great way to get calcium.

Preparation:

1 In the bowl of a food processor, combine the non-fat Greek yogurt and low-fat cream cheese. Process them until completely smooth. Divide the mixture among 3 bowls.

2 Chocolate dipper: In a small bowl, mix together the cocoa powder,

honey, cinnamon and milk until the mixture is completely smooth. Add it to one of the bowls of yogurt mixture and stir until it is smooth.

3 Citrus dipper: Stir both of the zest, honey and orange juice into one of the remaining bowls of the yogurt mixture.

4 Orchard Spice dipper: Stir the vanilla, butter rum extract, cinnamon, ginger, nutmeg, cloves and honey into the last bowl of yogurt and cream cheese mixture.

5 Serve your Chocolate, Citrus and Orchard Spice dips with cut-up wedges of apples, pears, peaches, berries, and your other favourite fruits.

THE ASSOCIATED PRESS



Shopping List:

Base

- 500 ml (2 cups) non-fat plain Greek-style yogurt
- 30 ml (2 tbsp) honey
- 30 ml (2 tbsp) orange juice

Chocolate

- 50 ml (1/4 cup) unsweetened cocoa powder
- 30 ml (2 tbsp) honey
- Pinch cinnamon
- 30 ml (2 tbsp) fat-free milk

Citrus

- Zest of 1/2 lemon
- Zest of 1/2 orange

Orchard Spice

- 15 ml (1 tbsp) vanilla extract
- 5 ml (1 tsp) butter rum extract
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) dry ginger
- Pinch ground nutmeg
- Pinch ground cloves
- 30 ml (2 tbsp) honey

Drink of the week

Watermelon Lemonade

Feel free to add frozen fruits to this recipe for an even thicker slushy-like drink.

- 1 l (4 cups) ice
- 1 l (4 cups) watermelon chunks
- 75 ml (1/3 cup) lemon juice
- 30 ml (2 tbsp) honey
- Pinch salt

In a blender, combine ingredients and purée until smooth. You may need to stop blender and stir ingredients once to ensure everything blends evenly. Serve.

THE ASSOCIATED PRESS



ARE YOU SUFFERING FROM THE FOLLOWING SYMPTOMS?

RUNNY NOSE? ITCHY EYES? SNEEZING?

IF YOU ARE AGED
BETWEEN 18 AND 65
YEARS AND YOU
SUFFER FROM
SEASONAL GRASS
POLLEN ALLERGIES

YOU MIGHT BE ELIGIBLE TO
PARTICIPATE IN A RESEARCH
STUDY FOR AN INVESTIGATIONAL
DRUG THAT MIGHT HELP YOU
FIGHT YOUR ALLERGIES.

PLEASE COMMUNICATE WITH US FOR MORE
INFORMATION:
Allergy and Asthma Research Center
613-725-2102 Ext. 246

grasspollen
2010

V2c EN 09Jun2011

A scholarship success story

STUDENT VOICE

ADAM STACEY
TALENTEGG.CA

Being involved in my community has always been an important aspect of my life. However, it wasn't until my final year of high school that I realized just how beneficial my involvement would be.

In my grade 12 year I began applying for post-secondary scholarships. I described my extracurricular and volunteer activities in my applications and, eventually I found

success.

I graduated with total scholarship offers of more than \$100,000. I was extremely proud to call myself a TD scholar, a National Millennium laureate, and a recipient of Nova Scotia's Premier's Power of Positive Change award.

These awards brought two awesome benefits: 1) I would leave university debt-free and, 2) I had guaranteed summer employment for the next four years. (Along with the scholarship money, TD scholars are offered full-time summer employment with the company in between school years.)

Where Adam is now

I just finished my second year at the University of New Brunswick on the TD Canada Trust Scholarship. Next year I am transferring to Acadia University to finish my Honours in Psychology. I work as a teller for TD during my summers and I'm thinking about law school for the future.



SUBMITTED

What I learned

Key take-away from Adam's experience:

► Do your homework. Research scholarships to find ones that match your skills, accomplishments and interests. Check out StudentAwards.com and ScholarshipsCanada.ca to have scholarships matched to you.

► Apply to anything and everything you think you could win. Some scholarships are left unanswered in a given year because no one applied.

► Treat scholarship hunting like a part-time job. Finishing school debt-free is definitely worth the time and effort it takes to fill out a few applications, and some of them even offer employment!

program as a means of recruitment.

Employers should realize that scholarship programs are an awesome way to give back to the community and build a pool of great potential employees.

My advice to students (high school, undergraduate or graduate!), is that you would be crazy not to apply for scholarships. There is so much untapped money out there. **TALENTEGG.CA**, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT **TALENTEGG.CA**.

► Adam Stacey graduated from high school with offers of more than \$100,000 towards his education thanks to both his giving nature and his dedication to the scholarship-hunt.

Although I deeply appreciated the scholarship money, it was the offer of employment that proved most valuable.

My experiences thus far with TD's summer employment program have been exceptional. In my first summer, I had the opportunity to work at any TD Canada Trust branch in the country. Working as a teller, I learned the business from

the ground up.

Second, third and forth summers are more flexible and can include working at TD's head office in Toronto, at one of TD's regional offices or at a non-profit organization.

After the four years, many of the scholars decide to stay on at TD, which speaks volumes about the company, the scholarship and the summer program.

Providing scholarship money to high school graduates for their post-secondary education is something companies have been doing for a long time. It's a nice way to give back to the community and amp up a corporate image.

Although any funding is appreciated by students, organizations are missing out if they aren't using their scholarship



**Change Your Career
Become an OSTEOPATH**

- 4 months FT or 9 months PT
- zero unemployment rate
- average osteopath income: \$90,000/yr
- student loan available
- classes held in Ottawa

NationalAcademyofOsteopathy.com
Toll Free: 1-877-550-6550

National Academy of
OSTEOPATHY

“IT BEGINS WITH BONJOUR”

ALLIANCE FRANCAISE OF OTTAWA
DISCOVER FRENCH

PART-TIME INTENSIVE
4 WEEKS - 28 HOURS
2 WEEKS - 60 HOURS
5 Days/Week - Full Day

3 Mornings or 3 Evenings
Sessions start on:
AUGUST 02 AUGUST 08

PREPARATION for level B or C
4 WEEKS - 36 HOURS - EVENINGS
GROUP COURSES - Oral or Reading & Writing
Sessions start on: AUGUST 02

FOR MORE INFORMATION & TO REGISTER:
613-234-9470 / info@af.ca
WWW.AF.CA/OTTAWA

Other Companies May Be Laying Off... PRIMERICA IS EXPANDING!

Call us to find out what our opportunity can mean to you
Be your own boss
Grow with a leading company
Build your own business

Matt McBain • 43 Roydon Place, ste 210, Ottawa • 613.723.1139
Visit us online at www.primericacanada.ca



NEED FULL-TIME WORK??

Call 613-321-4280

Looking for energetic, self-motivated, hard working individuals!

5 Openings, Immediate availability, Training provided for selected candidates.

\$20 HR AVG!



► Can the cuddles when you step into the office. The couple who works together must not forget that they are colleagues once the working day begins.

The career couple

► What if your partner works in the next pod?

 **DREW HINSHAW**
LIFE@METRONEWS.CA

It's one thing to be married to your job. But to be married to someone else who works there?

Career counsellors say newlyweds who clock into the same office share commutes, professional aspirations, and tax benefits galore.

"A lot of people do it extremely well, and it's really common," workplace relationship guru Courtney Anderson says. "It's a great way to maximize your resources and benefits, and when it works, it works amazingly."

And when it doesn't? You could get fired and divorced by the same boss: ouch.

Keep it Serious
"When it's done right, people take their work very se-

riously," Anderson says.

"They're not like, 'Can you file this business report, oh honey, I love you, can you pick up the kids?' No. That would be ridiculous."

"You have to be very clear about keeping the lines set," agrees Office Mate author Helaine Olen, who has worked five years alongside her husband. That means don't reach decisions at the dinner table. Don't dash into your spouse's office and shut the door.

"You cannot use your spousal relationship in any way, shape, or form to get a favour," Olen emphasizes. "You have to keep it really professional."

"It should seem almost weird from the outside," Anderson adds. "People will say 'Oh, that's your husband? That's your wife? But you seem so formal with them.'" But why shouldn't

you be formal?" she continues.

"Team members aren't there to see you running around, patting each other on the butt."

Separately Together

The tough part about splitting an office with your soulmate isn't finding a way to work together, Olen says. It's finding a way to be apart.

"There is obviously a thing called too much togetherness," she warns. "Be careful about that. You need to have separation."

If you work from home, work in separate sides of the house, she recommends. If you work in the office, don't do lunch everyday.

"Commute to work separately," she adds. "It's a really neat solution to the problem. It gives you some time to be apart. Alone time."

GET CAREER READY IN LESS THAN ONE YEAR!



DIPLOMA PROGRAMS IN:

BUSINESS

- Accounting and Payroll Administrator
- 38 wk program
- Canadian Payroll Association (CPA) endorsed
- multiple accounting employment opportunities

Paralegal

- Accredited by the Law Society of Upper Canada
- 44 wk program including 4 wk co-op work placement

Travel Counsellor

- study on your time, from anywhere
- CITC endorsed

ALGONQUIN CAREERS ACADEMY

1644 Bank Street 613-722-7811 www.algonquinacademy.com

CAREFUL WITH CONTRACTS

WORKPLACE LAW

DANIEL LUBLIN

DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



It's possibly the worst fraud in workplace law – corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined. This is the tale of one nameless client who may learn this lesson the hard way.

In a file I have, the employee worked for her company for nearly 20

years. She was told that she would have to sign a contract simply to "confirm her employment," which is unnecessary, of course, but was said to her in an effort to encourage her to just sign it. Fearful of antagonizing her employer and concerned that she could lose her job, the employee signed her name and continued work as before. Many years later, she was fired as part of a restructuring and offered a severance package well below the minimum for someone of her age and tenure.

It was a simple win – or so I thought when I first reviewed her case. But (and there is always a but in workplace law) the contract she signed specifically limits her damages to only one week's pay, which is just the minimum and well below what is fair. Although the conclusion to this case will be based on other factors that are in-

volved, there is one certainty: without the contract, her case would be stronger.

What most employees do not understand is that they do not need a written employment contract in order to protect their rights. This is because the law implies a number of favourable terms designed to defend them, such as the requirement not to change the terms of their job, from which constructive dismissal arises; the prohibition against dismissal without fair notice, which is otherwise a wrongful dismissal; and the ability to work for competitors and solicit clients following departure. However, modern employment contracts are replete with employer-friendly terms, and most employees believe they have little or no choice but to sign them.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS STORY IN ITS ENTIRETY, VISIT METRONEWS.CA

Career Training

LOOKING FOR A CHANGE? EVEREST COLLEGE CAN HELP

Offering career training in:
Business • Technology • Health Care



Call Now for More Information!

1-877-395-4032

Apply online at www.TrainAtEverest.ca

 **16 Convenient Locations in Ontario** 

Ottawa West

(ACROSS FROM IKEA MALL)

Ottawa East

(ST. LAURENT SHOPPING CENTRE,
NEXT TO GOOD LIFE FITNESS)

Financial assistance may be available for those who qualify.

Career services assistance available for graduates.

Programs and Schedules Vary by Campus

4
sports

Quoted



"I loved everything about the game and everything about the Red Wings. And that's why I'm going to miss it so much"

KRIS DRAPER, WHO OFFICIALLY RETIRED AS A RED WING YESTERDAY AFTER 20 NHL SEASONS. HE HELPED THE WINGS WIN FOUR STANLEY CUPS IN HIS 17 SEASONS IN DETROIT.

"He was a role model for all of our young players and a leader in the locker-room."

WINGS GM KEN HOLLAND



Scan code for
more sports.



Expectations at bay with Games a year away

► Canadian athletic programs have modest goals for London compared to Vancouver ► Own the Podium considers top-12 finish a realistic target

A year out from the 2012 Olympic Games in London, Canada's summer athletes feel inspired by what their winter counterparts did at the 2010 Games in Vancouver and Whistler, B.C.

Wrestler Carol Huynh, who won gold in Beijing in 2008, followed the exploits of several winter athletes she knows personally.

"There were so many Canadian athletes who were successful there," Huynh says. "It was just an overall general great feeling for everybody."

"I was there for quite a bit of the Games. Just getting that feel, that energy in the air in Vancouver, that was just amazing. It kind of brought me back to what I experienced in Beijing."

The 2012 Olympics open July 27 and close Aug. 12.

Canada finished third in overall medals with 25 in Vancouver and Whistler, but set a Winter Games record with 14 gold.

The Summer Games goal for Own The Podium and the Canadian Olympic

Loonie counter

Own The Podium has doled out an average of \$30 million over the last three years to summer sport federations with a high of \$34.5 million for this crucial year before the London Games.

► That money goes to sports and individual athletes deemed to have medal potential in 2012, with consideration also given to

Committee isn't to win the overall medal count, which was the objective in 2010.

"The reality is, certainly at the Summer Games, we won't 'own the podium,'" says OTP chief executive officer Alex Baumann. "We won't be No. 1 ... but we want to move up the ladder."

Canada was 19th at the 2004 Summer Games in Athens and finished tied for 14th in Beijing four years later.

Canadians won 18 medals — three gold, nine

what they can do in 2012. OTP's money comes from Sport Canada, the federal government arm that oversees sport.

► All in, the Canadian government spends between \$165 million to \$175 million a year on sport, OTP executive officer Alex Baumann estimates. By comparison, the Australian government will spend \$1.2 billion on sport over the next four years.

silver, six bronze — in Beijing to tie its second-best performance at a non-boycotted Games. Canadian athletes also finished in fourth 10 times in Beijing.

Canada's performance in Vancouver reinforced that Own The Podium, established five years out from the 2010 Winter Games, had largely hit on a successful plan for winning medals. That strategy is the template for how Canadian high-performance sport now operates.

"I think what Vancouver gave us was we can actual-

ly be the best in the world," Baumann says. "That confidence can certainly be transferred over onto the summer side."

In London, Canada should have multiple medal threats in track and field, rowing, canoe/kayak, cycling, women's boxing and women's wrestling.

Results from world championships over the next few weeks will be a strong indicator of how Canada will perform in London.

"Our performance this year is critical," says Anne Merklinger, director of OTP's summer sports. "Our top sports, rowing, diving, wrestling, canoeing, trampoline, they need to be players, winning medals or nipping at the heels to win medals. Top-five finishes are critical for us at the major championships."

Canada ranked 15th in world championship medals won in 2010 with 18, according to OTP. China, Russia and the U.S. ranked first to third with 90, 87 and 75 respectively.

THE CANADIAN PRESS

NFL chaos begins after truncated off-season

The free agency free-for-all has begun, mostly with obscure names from the college ranks.

It will get wilder.

Contract negotiations for free agents and draft picks started yesterday, with draftees able to sign right away. The big names among veterans — Nnamdi Asomugha, Santonio Holmes, Matt Hasselbeck — can't sign until tomorrow, but their agents are negotiating deals right now.

Throw in dozens of players who will be cut, such as Dallas receiver Roy Williams and Baltimore tight end Todd Heap, which officially can't happen until tomorrow, and it's "organized chaos," according to Colts general manager Chris Polian.

"It's a lot of stress, work, preparation. But it's what we all look forward to. It's our playoffs and our Super Bowl," agent Peter Schaffer said.

Indeed, several agents said they didn't expect to sleep last night as the NFL reopened after four-and-a-half months. In addition to their clients already in the league who are unrestricted or restricted free agents, they will have veterans released. And they are trying to set up youngsters with teams after they were passed over in April's draft.

The math adds up to hundreds of transactions in a few days, as opposed to a few weeks had there not been a labour stoppage.

"I think the best way to say it is whatever you can imagine, it's probably worse than that," Cardinals coach Ken Whisenhunt said. "There is multi-tasking at its most furious."

THE ASSOCIATED PRESS

"Most (players) said, 'Listen, the bottom line is the team I'm with I like. If somebody out there is really interested, if they come with a great offer up front, then we'll look into that.'"

NFL PLAYER AGENT JORDAN WOY

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION			
W	L	Pct	GB
Boston	62	38	.620
New York	60	40	.600
Tampa Bay	53	48	.525
Toronto	51	51	.500
Baltimore	40	58	.408

CENTRAL DIVISION

CENTRAL DIVISION			
W	L	Pct	GB
Detroit	54	48	.529
Cleveland	52	49	.515
Chicago	50	51	.495
Minnesota	47	55	.461
Kansas City	43	59	.422

WEST DIVISION

WEST DIVISION			
W	L	Pct	GB
Texas	59	44	.573
Los Angeles	56	48	.538
Oakland	45	57	.441
Seattle	43	59	.422

Last night's results

L.A. Angels 2	Cleveland 1
Seattle at N.Y. Yankees	
Baltimore at Toronto	
Kansas City at Boston	
Minnesota at Texas	
Detroit at Chicago White Sox	
Tampa Bay at Oakland	
Monday's results	
Cleveland 3	L.A. Angels 2
N.Y. Yankee 10	Seattle 3
Kansas City 3	Boston 1 (14 inn.)
Texas 20	Minnesota 6
Chicago White Sox 6	Detroit 3
Oakland 7	Tampa Bay 5
Today's games	
L.A. Angels (E.Santana 5-8) at Cleveland	
(D.Huff 1-0), 12:05 p.m.	
Seattle (F.Hernandez 8-9) at N.Y. Yankees	
(P.Hughes 1-2), 1:05 p.m.	
Detroit (Scherzer 11-5) at Chicago White Sox	
(Danks 3-8), 2:10 p.m.	
Baltimore (Simon 2-3) at Toronto (R.Romero	
7-9), 7:07 p.m.	
Kansas City (Chen 5-3) at Boston (Lackey 8-	
8), 7:10 p.m.	
Minnesota (Duensing 7-8) at Texas (C.Lewis	
10-7), 8:05 p.m.	
Tampa Bay (Shields 9-8) at Oakland (Cahill 8-	
9), 10:05 p.m.	
Tomorrow's games	
L.A. Angels at Detroit, 1:05 p.m.	
Kansas City at Boston, 1:35 p.m.	
Tampa Bay at Oakland, 3:55 p.m.	
Baltimore at Toronto, 7:07 p.m.	
Minnesota at Texas, 8:05 p.m.	

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez, Bos	99	408	70	141	.346
MiYoung, Tex	101	403	50	134	.333
Bautista, Tor	91	321	76	106	.330
Kotchman, TB	86	289	25	94	.325
JhPeralt, Det	92	332	45	107	.322
VMartinez, Det	87	322	44	103	.320
Ellsbury, Bos	99	406	74	130	.319
McCabe, Det	102	353	69	111	.314
Koncer, ChW	98	357	47	110	.308
YEScober, Tor	93	357	55	109	.305
HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 27; Teixeira, New York, 27; Koncer, Chicago, 23; Cruz, Texas, 22; McCabe, Detroit, 21; Reynolds, Baltimore, 21.					
PITCHING — Sabathia, New York, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5; tied at 10.					
Not including last night's games					

NATIONAL LEAGUE

EAST DIVISION

EAST DIVISION			
W	L	Pct	GB
Philadelphia	65	37	.637
Atlanta	59	44	.573
New York	51	51	.500
Washington	49	52	.485
Florida	49	53	.480

CENTRAL DIVISION

CENTRAL DIVISION			
W	L	Pct	GB
Pittsburgh	53	47	.530
St. Louis	54	48	.529
Milwaukee	54	49	.524
Cincinnati	50	52	.490
Chicago	42	60	.412
Houston	33	69	.324

WEST DIVISION

WEST DIVISION			
W	L	Pct	GB
San Francisco	59	44	.573
Arizona	55	47	.539
Colorado	48	55	.466
Los Angeles	46	56	.451
San Diego	45	58	.437

Last night's results

Philadelphia 7	San Francisco 2
Florida at Washington	
N.Y. Mets at Cincinnati	
Pittsburgh at Atlanta	
Chicago Cubs at Milwaukee	
Houston at St. Louis	
Arizona at San Diego	
Colorado at L.A. Dodgers	
Monday's results	
San Diego 5	Philadelphia 4
N.Y. Mets 4	Cincinnati 2
Pittsburgh 3	Atlanta 1
St. Louis 10	Houston 5
L.A. Dodgers 8	Colorado 5
Tonight's games	
Florida (Vazquez 6-9) at Washington	
(L.Hernandez 5-9), 7:05 p.m.	
San Francisco (Cain 6-8) at Philadelphia	
(Hamels 12-5), 7:05 p.m.	
N.Y. Mets (Pelfrey 5-9) at Cincinnati	
(Arroyo 7-9), 7:10 p.m.	
Pittsburgh (Maholm 6-10) at Atlanta	
(Jrjens 12-3), 7:10 p.m.	
Chicago Cubs (Zambrano 7-5) at Milwaukee	
(Greinke 7-4), 8:10 p.m.	
Houston (Norris 5-7) at St. Louis	
(C.Carpenter 6-7), 8:15 p.m.	
Arizona (Keneddy 11-3) at San Diego	
(Luek 3-4), 10:05 p.m.	
Colorado (A.Cook 1-5) at L.A. Dodgers	
(Kuroda 6-12), 10:10 p.m.	
Tomorrow's games	
Florida at Washington, 12:35 p.m.	
N.Y. Mets at Cincinnati, 12:35 p.m.	
Chicago Cubs at Milwaukee, 2:10 p.m.	
Arizona at San Diego, 3:35 p.m.	
San Francisco at Philadelphia, 7:05 p.m.	
Pittsburgh at Atlanta, 7:10 p.m.	
Houston at St. Louis, 8:15 p.m.	
Tomorrow's games	
Florida at Washington, 12:35 p.m.	
N.Y. Mets at Cincinnati, 12:35 p.m.	
Chicago Cubs at Milwaukee, 2:10 p.m.	
Arizona at San Diego, 3:35 p.m.	
San Francisco at Philadelphia, 7:05 p.m.	
Pittsburgh at Atlanta, 7:10 p.m.	
Houston at St. Louis, 8:15 p.m.	

NL LEADERS

	G	AB	R	H	Avg.
JosReyes, NYM	87	385	74	135	.351
Braun, Mil	92	336	62	108	.321
Helton, Col	91	305	44	96	.315
Votto, Cin	101	373	61	17	.314
Morse, Wash	90	307	44	96	.313
Kemp, LAD	102	367	61	114	.311
Holliday, STL	77	274	50	85	.310
Pence, Hou	96	389	48	120	.308
DanMurphy, NYM	98	351	41	108	.308
McCann, Atl	90	328	42	100	.305

Not including last night's games

BLUE JAYS LEADERS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	108	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	159	18	37	3	30	.234
Snider	323	31	73	4	37	.226
Hill	139	16	31	2	16	.223
McDonald	277	32	59	15	42	.213
Arenicola	277	32	59	15	42	.213

PITCHERS

W	L	SV	IP	SO	ERA
McCoy	0	0	0	0	0.000
Rzepczynski	2	3	0	39.1	.300
Frasor	2	1	0	37	.298
Janssen	3	0	1	28.2	.27
Romero	7	9	0	134.2	.117
Villanueva	5	2	0	90.0	.310
Dotel	2	1	1	29.1	.308
Rauch	4	3	7	41.2	.29
Morrow	7	4	0	101.2	.117
Cecil	3	4	0	57.1	.42
Francisco	1	1	0	28.2	.35

Not including last night's game

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	PT
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	77	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	PT

<tbl_r cells="8" ix="5" maxcspan="1" max

Body changes

Visually, the 200 has been treated to a mostly new front end, including a cleaner-looking grille and hood.

The front fenders contain a contemporary set of projector-style headlamps and fog lights with Light Emitting Diode (LED) accents. There are also new fenders and LED taillights in back.

These changes are quite typical of the updates that many vehicles go through at the mid-point of their production cycles.



Interior

All is well, or at least better, on the inside now that Chrysler's designers have tossed out many of the car's hard-plastic panels and trim pieces.

The centrepiece is an all-new soft-touch instrument panel along with a clearly classier steering wheel.

Additionally, the armrests have soft-touch coverings and the seats are now better bolstered and have improved coverings.

Engine

The 200 convertible shares the same engine/transmission choices as the sedan. A 173-horsepower 2.4-litre four-cylinder that originated from last year's Sebring is standard on the base 200 LX.

The real star of the show is the new 283-horsepower 3.6-litre "Pentastar" V6 that replaces the previous 186-horsepower 2.7-litre V6 and the 235-horsepower 3.5-litre V6.

Soak up some affordable summer fun



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Some like it hot, and if you do, then a two-door car that turns into a convertible is likely a cool thing.

The good news is that you don't have to drop big coin for a rolling hair dryer.

er. The even better news is that this year's crop of contenders is hot stuff. Just take a look at the 2011 Chrysler 200.

The car has risen Phoenix-like from the ashes of what was better known until recently as the Sebring.

And although the basic

structure has been carried over, there have been a number of significant upgrades to improve the mid-size model's overall performance and create a more elegant appearance, both inside and out.

The updating of the Se-

bring-cum-200 wasn't too long overdue since the current body style has only been around since the 2008 model year. But the adjustments and name change were deemed vital to reinvigorating the Chrysler brand by the

automaker's Fiat-based management that now runs the show.

The 200 convertible is 100 per cent about soaking up some relatively affordable summer fun for up to four passengers, heading to the beach or simply cruising in high style.

BASE PRICE:
\$31,500

By comparison

Ford Mustang

Base price: \$33,000
Classic design with muscular V6 and V8. GT500 model really sizzles.

Mitsubishi Eclipse

Base price: \$32,100
High-style ragtop has great looks, but i4 and optional V6 lack punch.

Audi A5 Cabriolet

Base price: \$58,500
A premium ragtop with a perky turbo i4. S5 version's V6 puts out 333 hp.

WHEELBASE MEDIA

**LOOKING FOR A USED CAR?
CHECK OUT THOUSANDS OF
LISTED VEHICLES WITH US!**

Try out the Canadian Black Book Vehicle Evaluator for trade-in value, average asking price and future value of virtually every car and truck manufactured since 1998! Plus, you can search through thousands of used cars listings to find one that's right for you!

powered by

Canadian Black Book

Visit www.metronews.ca/drive



metro



Two seasons: Winter and construction

► Remember to keep a watchful eye on your car with the arrival of the dreaded construction season

Summer is the main season for road construction, which means there's a good chance you'll hit a bump or two, or come across loose stones and other hazards associated with construction zones.

These road conditions can be tough on a vehicle's steering and suspension systems and can throw out the alignment, while loose stones have the potential to damage the vehicle's exterior or windshield.

The symptoms of steering and suspension or wheel alignment problems are uneven tire wear, pulling to one side, noise and vibration while cornering or loss of control.

The main parts of the systems are shocks and/or

\$10B

Research shows that there is \$10 billion worth of vehicle maintenance and repair being neglected by Canadian consumers. Neglected vehicle care almost always means much higher costs down the line, either in the form of more extensive repairs or lost resale value.

struts, the steering knuckle, ball joints, the steering rack/box, bearings, seals or hub units, and tie rod ends.

Motorists should have

their vehicles checked out immediately if any of these symptoms exist, as steering and suspension systems are key safety-related components and largely determine the car's ride and handling.

Regardless of road conditions, these systems should be checked annually and a wheel alignment should be performed at the same time.

Motorists also should do frequent visual checks of their vehicle's exterior and windshield to identify any chips, dings or cracks. These are small problems that can become costly repairs and safety hazards if they aren't taken care of immediately.

“Even the most careful



► In addition to causing traffic jams, construction zones can also be dangerous for your car.

driver, who is travelling slowly and carefully through a work zone, can hit an unexpected bump or other road hazards,”

said Patty Kettles, manager, marketing and communications, Be Car Care Aware Canada.

“The key is to pay attention to your car and if you think there's a problem, have it taken care of as soon as possible.”

BE CAR CARE AWARE CANADA

EMPLOYEE PRICING EVENT
PAY WHAT GM EMPLOYEES PAY™

CRUZE LS
MSRP \$16,526

EMPLOYEE PRICE
\$15,417* OR FINANCE
\$116 AT 5.39%

OFFERS INCLUDE FREIGHT, PDI & LEVIES. BI-WEEKLY FOR 72 MONTHS. \$0 DOWN PAYMENT. TAXES NOT INCLUDED.

LTZ TURBO^{††}

54 MPG HIGHWAY
5.4 L/100 km HWY
7.8 L/100 km CITY[†]

TOP SAFETY PICK 2011

2011 CANADIAN CAR OF THE YEAR.

54 MPG HIGHWAY
5.4 L/100 km HWY
7.8 L/100 km CITY[†]

	2011 Chevrolet Cruze LS	2011 Hyundai Elantra L	2011 Honda Civic DX Sedan	2011 Mazda3 GX Sedan	2011 Toyota Corolla CE
MSRP [‡] (Freight In)	\$16,445	\$17,334	\$17,385	\$17,690	\$16,850
6-speed Manual Transmission	Standard	Standard	5-Speed	5-Speed	5-Speed
16" Wheels	Standard	15" Steel	15" Steel	16" Steel	15" Steel
StabiliTrak	Standard	Standard	Not Available	Standard	Optional
10 Airbags	Standard	6 Airbags	6 Airbags	6 Airbags	6 Airbags
Power Windows	Standard	Standard	Standard	Standard	Optional
Power Door Locks	Standard	Standard	Not Available	Not Available	Optional
Remote Keyless Entry	Standard	Not Available	Not Available	Not Available	Optional
Passenger Volume (L)	2,679	2,707	2,574	2,665	2,605
Cargo Volume (L)	425	420	340	335	348
Highway Fuel Consumption [‡]	5.4 L/100km	4.9 L/100km	5.4 L/100km	5.9 L/100km	5.6 L/100km
Powertrain Warranty [▲]	5 year / 160,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km

[†]Vehicle specifications according to latest information available on the manufacturer's website at the time of printing. [‡]Based on natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2011 Chevrolet Cruze LS R7A. 5.39% purchase financing offered by GMCL for 72 months on 2011 Chevrolet Cruze LS R7A. D.O.C. by Ally. Rates from other lenders will vary. Example: \$10,000 at 5.39% APR, monthly payment is \$162.86 for 72 months. Cost of borrowing is \$1,725.92, total obligation is \$11,725.92. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of \$15,417 with \$0 down payment. ^{††}Freight & PDI (\$1,450), registration, air and tire levies and OMVIC fees included. Insurance, license, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. 2011 Chevrolet Cruze equipped with standard 1.8L ECOtec I-4 engine and 6-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. [‡]The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. For more information go to ihs.org/ratings. [▲]2011 Cruze LTZ, MSRP with freight, PDI & levies \$26,374. Dealers are free to set individual prices. ^{◆◆}Offer available to retail customers in Canada between June 6, 2011 and August 31, 2011. Applies to new 2011 and 2012 GM vehicles, excluding Chevrolet Volt, Sonic, Orlando, Express and GMC Savana at participating dealers in Canada. Employee price excludes freight, license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, taxes, marketing fees and taxes. Dealer may sell for less. Dealer order or trade may be required. Limited quantities of 2011 models available. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM • ROADSIDE ASSISTANCE
160,000 KM • ACCIDENTAL DAMAGE EXCLUSION PLAN
160,000 KM

Canada • GM • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • ACCIDENTAL DAMAGE EXCLUSION PLAN



GM TAPS SILICON VALLEY TECH, AND CULTURE

AUTO PILOT



MIKE GOETZ
DRIVE
@METRONEWS.CA

California's Silicon Valley looks pretty much the way I pictured it.

A more-lush version of a typical industrial mall. A-type "types" bicycling madly during their lunch hours, on a network of bicycle lanes, their racing helmets barely containing their immense heads, which were actually glowing with activity.

A group of us auto scribes were in the area, to visit GM's Advanced Technology Silicon Valley Office (ATSO), as part of a press preview for the new Buick LaCrosse eAssist (a new, mild hybrid).

GM set up the shop about five years ago, to be the automaker's "eyes and ears on the ground" in Silicon Valley.

It's a small place, with a small team — about 10 scientists and business managers with various backgrounds.

The man who heads up the team, Bryon Shaw, told us that the building reflects its mandate to forge relationships with its famous Silicon Valley neighbours, like Apple, Google, Cisco,

Hewlett-Packard, NeuroSky, Nokia, SoundHound, MAD Maps, Digitario, and StratosAudio.

Those firms are not only known for their success, but also for their collaborative processes.

To grease the wheels of collaboration many adopt an interior design concept known as "caves and commons."

"Common areas are where you have teams of people working together, collaboratively, so everyone knows what is going on, and you don't have silos of information," said Shaw.

"This leads to faster development cycles, but sometimes you need to think... Common areas are noisy. Cave areas are where you can retract into and get your hard thinking done." (This reminds me of one of my favourite bumper stickers: "Ever stop to think and forget to start again.")

Big Silicon Valley firms also have many, many conference rooms, which are typically booked the entire workday.

"But when you peak in, you see only one person in that room, on the phone to a globally distributed team," noted Shaw.

"So we said how do make that work in a more space efficient way... That's why we have these 'phone booths', which are conference rooms for one person."

When ATSO staff need to liaison with someone down the street, or across the globe, everything they need to get that done can be found in the blue booth — small desk, phone, inter-

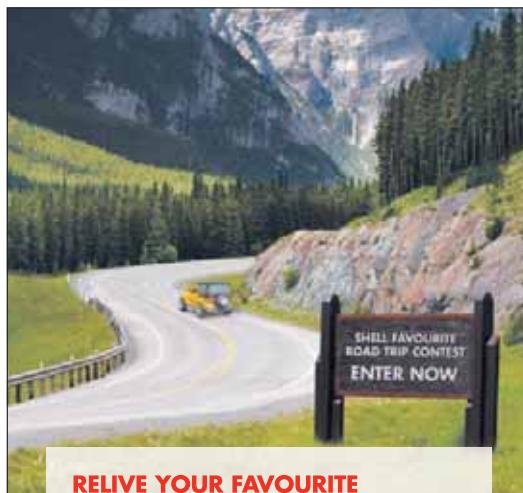
net connection, privacy, and good acoustics.

Not surprisingly, one focus of the team is incorporating connectivity and more electronic goodness into our vehicles.

Two of its more interesting advancements were developing Wi-Fi coverage to vehicle occupants while

moving at highway speeds (not yet available in Canada), and personalized audio cues for the new Chevrolet Volt.

One concept the team is considering is a forward-looking camera on your vehicle, which can share "real time" images with your friends on Facebook.



**RELIVE YOUR FAVOURITE
CANADIAN ROAD TRIP
FOR A CHANCE
TO WIN \$1,000 OF SHELL FUEL.**

To enter, just submit an essay describing your favourite Canadian road trip in 250 words or less. Simply visit www.shell.ca/favouriteroadtrip for details. Contest runs from June 22 to August 29, 2011. Three winners will each receive \$1,000 of Shell fuel.

Road trips are a favourite Canadian pastime. By fuelling with Shell Nitrogen Enriched Gasolines, drivers can help keep their vehicles performing at their best by protecting and cleaning critical engine parts from performing-robbing gunk.



©Trade-mark of Shell Brands International.
Used under license.



► Among other advancements, GM's Silicon Valley tech centre was responsible for developing the computer generation of personalized audio clues for consumer demographics and preferences in the Chevrolet Volt.

Designing an interior means form and function

DRIVING FORCE

JIL MCINTOSH
DRIVE@METRONEWS.CA

A huge amount of work goes into designing a vehicle, but it's far more than just the exterior appearance. The inside requires just as much attention, covering everything from how it looks to its integration with important safety features.

For Mercedes-Benz, the interior of the redesigned 2012 M-Class SUV started with sketches at the company's design headquarters in Sindelfingen, Germany.

The designers also use computer models and then full-size clay mockups to determine what the new vehicle will use.

"It takes a long time," says Marina Sacco, an interior trim designer specializing in colour and materials.

"We started a few years ago and have continued to

improve it."

The design follows a basic theme that Mercedes-Benz reserves for its SUVs: the dash must have strong horizontal lines to give the feeling of spaciousness, while a dome over the centre stack controls hints at the engine's power. The materials, meanwhile, convey a "welcome home" feeling, with soft-touch surfaces and wood highlights. It isn't enough to simply use home-style materials, though.

"The colours and materials have to work in all temperatures, whether very hot or very cold," Sacco says.

"The leather must function, the plastic must function, and it can't discolour. Everything has to stay as it is on the first day."

To that end, everything that goes into the interior is thoroughly tested. Each material is placed under simulated sunshine, and in cold and heat extremes to ensure that it doesn't peel, become brittle or fade.

It's also very important that the final design and the materials used look like they belong in a Mercedes, Sacco says.

"Most customers don't like screaming colours," she says. "People like black, brown, beige and grey. Sports cars are allowed a little bit of red, but on a car like this (M-Class), it's nice to have natural colours."

This is about driving the car and going to the outdoors." Authenticity of the materials is also important, and

for the new model, the company has introduced an optional trim design that includes unfinished, open-grain wood.

"You can feel the structure of the grain on it," Sacco says, which is very important.

It seems that, although Mercedes-Benz uses only real wood in the M-Class, some customers complained that their passengers thought the high-gloss version was actually made of plastic.

A rare and well-loved retro street rod

► Model: 1997 to 2002 Plymouth Prowler ► Vehicle Type: Roadster

SECOND GEAR

 JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Plymouth brand bit the dust some years ago—but its departure from existence did leave one of the world's most interesting and rare sports cars in its wake.

The Plymouth Prowler was a two-seat, uber-retro street rod convertible sold in 1997, and 1999 through 2002. Unlike other Plymouth models, the Prowler was its own car—not a rebadged variant of some other Chrysler, Dodge or Eagle product.

Prowler launched with a manually-operated cloth-top roof, 214-horsepower V6 engine and rear-wheel drive. After a break from

the market for 1998, Chrysler updated the 1999 model with a new 253-horsepower V6 engine. All models got a four-speed "AutoStick" automatic transmission.

Feature content included an Infinity CD changer audio system, air conditioning, cruise control, power accessories and leather seats.

An auto-dimming rearview mirror and leather-trimmed accents were also on board.



Check out Justin's video car reviews online at youtube.com/mr2pritch.

Special Rate
1.9%[†]

Purchase Financing
24 Months, APR

Offer valid on all 2006–2010 Civic, Accord and CR-V models.



[†]Limited time financing offer on all Honda Certified Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires July 31, 2011.

Common issues

- Given the Prowler's limited sales volume and relatively tiny online owner's community, reliability-related information is sparse. Some issues have surfaced with the factory stereo system, including hissing, static or blown speakers.
- Premature suspension wear may also be a concern—so be sure to listen for any popping or clunking sounds on a test-drive that could indicate a worn-out component. Check power windows for proper operation in both directions, be sure the air conditioner works properly, and note any damaged or missing interior trim panels.
- Prowler's driveline appears to be fairly solid and problem free, though the 3.5-

Verdict

Though information is limited, a used Plymouth Prowler appears to be a fairly reliable, albeit extremely rare, used sports car buy.

Shoppers set on owning a Prowler and able to locate a unit for sale are advised to make an appointment with a nearby Chrysler dealership for an inspection.

A well-maintained unit with full service records that's familiar to a Chrysler dealership is the safest bet.

litre engine did suffer from occasional sensor problems in other applications.

Buy a used car,
get a used car.
Buy a used Honda,
get a Honda.

Honda reliability. Certified. When Honda certifies a used vehicle, you know it can be depended on. Every Certified Used Honda undergoes a series of thorough dealer inspections to ensure it upholds the reliability of the Honda name. You get the performance, safety and efficiency of a Honda, with the added assurance that comes with a factory warranty.
Find yours at cuv.honda.ca

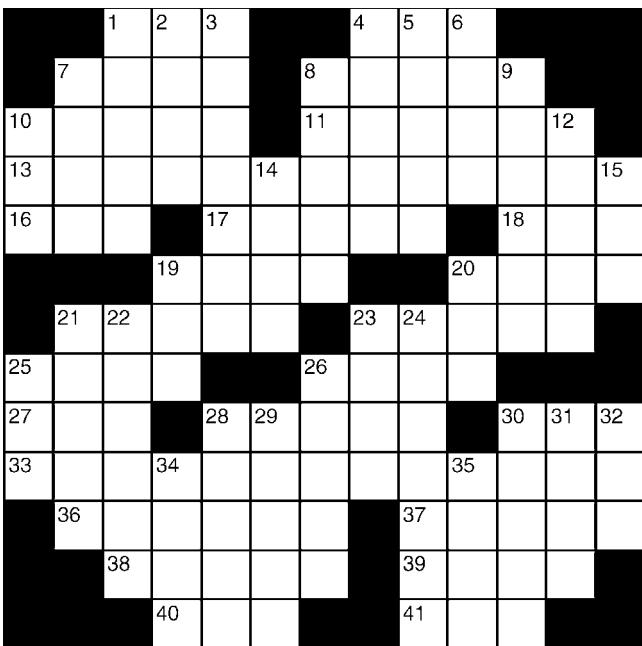
- 6-year / 120,000-km transferable powertrain warranty
- 7-day / 1,000-km exchange privilege
- 100+ point inspection
- CarProof Vehicle History Report

HONDA
Certified
Used Vehicles

Crossword

Across

1 "Weird Al" Yankovic song composed solely of palindromes
4 Airport org.
7 Comical Carvey
8 Finnish bath
10 Nip
11 Root vegetable
13 Glimpse
16 Franken and Gore
17 Necessities
18 Victory
19 Long cut
20 Carry on
21 Explosion
23 Baby kangaroos
25 Fedora feature
26 Praise to the skies
27 Really long time
28 Adjust
30 Tikkano of hockey
33 Horrified
36 "Heavens!"
37 Crook's pseudonym
38 Nine-quart
39 Welshman or Scot
40 Slight amount
41 Crucial



10 Sch. group
12 Aspirin targets
14 Sudden rush of wind
15 Potent stick
19 Group of whales
20 Scarlet
21 Meditate gloomily
22 Window frame part
23 Scoff
24 Rural area of Australia
25 Plead
26 Surgery tool
28 Heart line?

► Yesterday's answer

S	W	I	M	C	P	A	R	E	A	P
N	A	S	A	Y	A	P	E	S	S	E
I	D	L	Y	C	R	E	A	M	P	I
P	I	E	H	O	L	E	R	O	Y	A
E	E	V	E	F	A	T				
L	L	A	M	A	H	O	L	E	O	U
E	O	N	P	A	X	B	R	A		
O	U	T	W	E	S	T	P	A	I	N
L	E	Y	V	H	A	N				
E	G	O	N	E	W	E	S	T	E	G
G	A	L	E	A	G	A	E	R	G	O
O	D	E	S	T	E	N	R	E	E	K

Down

1 Model Tyra
2 Formerly
3 Nassau's island group
4 Challenge mockingly
5 Irrational numbers
6 Heche or Hathaway
7 Rotary phone part
8 Hide
9 Pilot's route

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 People won't like your latest big idea – not because the idea is no good but because they are jealous.

♉ Taurus April 21-May 21 You could easily fall out with a friend over something that is quite trivial.

♊ Gemini May 22-June 21 Tie up any and all loose ends and get ready for the good things that will soon be coming your way.

♋ Cancer June 22-July 22 Do what feels right and if it upsets others, well that's their problem. Be a rebel, and be proud of it.

♌ Leo July 23-Aug. 23 You are not the sort to hold back if something needs to be said. And sometimes, you must expect a backlash.

♍ Virgo Aug. 24-Sept. 22 Believe in yourself and what you are. Your future success depends on it.

♎ Libra Sept. 23-Oct. 23 If you don't like the way certain things are being done, you must speak up. You can't shirk responsibility.

♏ Scorpio Oct. 24-Nov. 22 Use your powers of persuasion (no, not twisting arms!) to get other people to do the hard stuff for you today.

♐ Sagittarius Nov. 23-Dec. 21 Make it your aim today to paint a more accurate picture of yourself in the eyes of the world.

♑ Capricorn Dec. 22-Jan. 20 The cosmic picture urges you to be truthful. Say what comes to mind.

♒ Aquarius Jan. 21-Feb. 18 Get out and about and meet as many new people as you possibly can. Smile at strangers and chat.

♓ Pisces Feb. 19-March 20 You aren't afraid to change your opinions in the light of new info. Keep that in mind. **SALLY BROMPTON**

Sudoku

			4			5			
3							9		
4	7	9					2	8	5
							7	3	6
1									3
							6	2	9
2	1	5						9	7
6									5
							9	2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	6	8	4	2	9	7	5	1
2	5	9	7	1	8	6	3	4
7	4	1	3	5	6	2	9	8
4	8	3	1	7	2	5	6	9
1	9	7	6	4	5	8	2	3
6	2	5	8	9	3	4	1	7
5	7	4	2	3	1	9	8	6
9	3	6	5	8	4	1	7	2
8	1	2	9	6	7	3	4	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tyler, I want you to know that your chai tea latte making skills are rivaled by no other. I hope one day you will acknowledge my honks of appreciation. Have a wonderful day blondie barista!! CHAI TEA LOVERR

The Name Giver, I want u to wake me up every morning with a different 1 wispered in my ear...I will only turn around and wake up if u call me each day with a new name for a princess :) I love u. C U soon... in about 60 years! Thanks my LOVER and you KISS. PRINCESS

Yes I do, I only do to you. & I'll wait another century to say this to you, next time with a KISS that will never take us apart and a hug that will keep u warm n safe forver. Our days will be positive and nights will be magical...smile!
YOUR BLUE GIRL

Today



27°/17°
Mainly sunny

Thursday



28°/20°
Variable



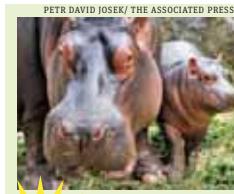
You have voted us #1 for best forecasts on TV. Thank you Canada!

©The Weather Network 2011

Caption contest



"If I stay very still, I may be able to freeze my best side for future people to uncover!"
POROMA



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

THE real DIRT ON CLEAN

COLOGNES, PERFUMES AND HAIRSPRAY:

Always spray your body - not your clothes! Fragrances such as perfumes, colognes and other toiletries contain alcohol and can leave yellowish stains that are not visible until after your garment has been dry-cleaned. Advise your dry cleaner immediately prior to having garment cleaned.

12 LOCATIONS TO SERVE YOU
613-798-0734 • www.hillarys.ca



LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!



PLANNING TO SELL YOUR HOUSE?

BE ON TV!

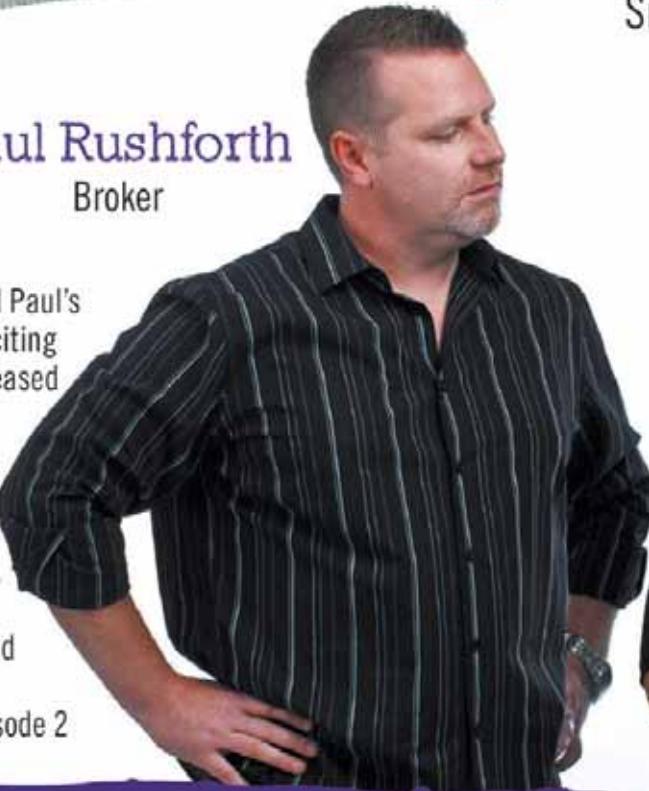


ALL FOR NOTHING?

Paul Rushforth

Broker

"Bringing Penny and Paul's vision to life was exciting and we were very pleased with the outcome. We were amazed at what we were able to accomplish in such a short time. People ask us if we would do it again and we say definitely!"
- Jen & Al Greer, Episode 2



Ottawa-based **TV SERIES** is looking for people who want a chance to win the **COMMISSION-FREE LISTING** services of top agent **Paul Rushforth**

Get expert services of award-winning designer **Penny Southam** to get it ready for sale!

Significantly increase the market value of your home with little or no money!



Penny Southam
Interior Designer



Contact us NOW!



allfornothintgtv.ca

sonja@mountainroad.ca • 613-237-4447

